

# CHIROPRACTIC & HEALTH

## A Natural Connection

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### *Segmental Motion Unit Dysfunction/Subluxation Complex are the Cavities of the Spine... And Chiropractors are 'Spinal Dentists'*

Seaman, D.R. and Winterstein, J.F. Dysafferentation: A Novel Term to Describe the Neuropathophysiological Effects of Joint Complex Dysfunction. A look at likely mechanisms of symptom generation. J Manipulative Physiol Ther 1998 21(4):267-280

#### QUOTE BOARD:

"Pain is very different than inflammation or nociceptive-induced muscle spasm. Inflammation, nociception, and muscle spasm are physiological processes and do not require the involvement of our brain in a conscious fashion."

"Clearly, patients do not need to be in pain to be candidates for spinal adjustments and moreover, non-pain patients with joint complex dysfunction and dysafferentation [altered nerve flow from the body to the brain] will not necessarily present with the same combination of symptoms."

#### Key Concepts:

Just like you can have cavities in your teeth that are not painful, or are only painful when exposed to hot or cold, or when a dentist probes them during a dental exam, you can also have "cavities" in the joints and muscles of your spine that are not painful, or only painful during certain movements, or when your chiropractor moves or palpates them during a chiropractic spinal exam.

"It is common to discover that gentle or normal palpation of spinal tissues results in the experience of pain. The word allodynia is used to describe this state, in which normally painless stimuli result in pain."

"Such a conclusion has profound implications for the chiropractic profession. Clearly, patients do not need to be in pain to be candidates for spinal adjustments."

#### Key Take Home Points:

Your spine can have symptom-free "cavities" or segmental motion unit dysfunction with inflammation and degeneration occurring without you being consciously aware. This is why it is as important to get regular chiropractic spinal exams and checkups as dental exams and checkups.

Nobody would think it rational or evidence-based or scientific for a dentist to simply prescribe pain medication for cavities, or to suggest you only get your teeth checked when they hurt. Why would anyone think such an approach rational, evidence-based, or scientific for their spine?

Get regular spinal check ups from your chiropractor and determine the best wellness and preventative schedule for you based on your individual needs. Your spinal health affects your overall health and quality of life - don't ignore it!