

# Downtown Chiropractic

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## What Causes Subluxations?

There are three common causes of subluxations:

**Physical causes -**  
 Examples include slips and falls, repetitive motions, sports injuries, bad posture and improper lifting.

**Emotional causes -**  
 Stress, anger, fear, and grief are examples emotional upsets that can lead to subluxations

**Chemical causes -**  
 Alcohol, drugs, pollution and poor diet can also cause subluxations.

# Subluxations

## What Is A Subluxation?

The term "*subluxation*" refers to spinal or joint dysfunction. When spinal bones are misaligned, it can irritate or put pressure on local nerves, muscles, ligaments, tendons and other tissues. This in turn interferes with the communication between your brain and these tissues, creating all kinds of symptoms such as pain, reduced motion, headaches, organ dysfunction, imbalance and compensation by other parts of the body.

Although *Subluxations* (in the modern sense) were first noted by Dr. Daniel David Palmer in the mid-1880s, the process of treating spinal dysfunction can be traced back in many cultures, including those of ancient Greece and China.

## Our First Subluxation

A traumatic birth, learning to walk, falling, playing, and performing everyday childhood activities are leading causes for childhood spinal traumas. The goal of chiropractic care at this early age is to ensure that a child is reaching their developmental milestones and that they are functioning the way a healthy child should.

To make this a little easier, we offer initial check-ups on children free of charge and treatment at a reduced rate. Just like having a dentist or paediatrician, every family should have a chiropractor on their health care team!

## *Things to watch for...*

**The Angel Tree:** Take an angel tag off the tree and return it with a wrapped gift to support The Boys and Girls Club of Ottawa and Toy Mountain between Nov. 16<sup>th</sup> and Dec. 11<sup>th</sup>. We will enter your name in a draw for great prizes!



## Downtown Chiropractic's Christmas Hours:

Date	Dr. deGruchy	Dr. Burton
Monday Dec. 21st:	6:45am - 6:00pm	7:00am - 6:00pm
Tuesday Dec 22nd:	6:45am - 6:00pm	7:00am - 6:00pm
Wednesday Dec 23rd:	6:45am - 1:00pm	7:00am - 5:30pm
<b>Thursday Dec. 24<sup>th</sup> - Monday Dec. 28<sup>th</sup>: PLEASE NOTE THAT THE OFFICE IS CLOSED</b>		
Tuesday Dec. 29th:	Holiday	7:00am - 6:00pm
Wednesday Dec 30th:	Holiday	7:00am - 5:30pm
<b>Thursday December 31st - Sunday January 3rd PLEASE NOTE THAT THE OFFICE IS CLOSED</b>		
<b>January 4th: The office reopens with regular hours</b>		

## The Five Components of the Vertebral Subluxation

- 1. Joint Damage (Kinesiopathology)**
  - Vertebrae out of proper alignment
  - Increased stress on joints, discs and ligaments
  - "Locked" (jammed) or "clicking" joints
  - Pain
  - Reduced range of motion
  - Shoulders, hips, knees and feet compensate for postural imbalance
  - Loss of energy, fatigue
- 2. Nerve Damage (Neuropathology)**
  - Nerves compressed, stretched or "pinched"
  - Abnormal nerve function
  - Altered internal organ function
  - Pain
  - Attention deficit disorders, addictive behaviour, psychosis and other conditions
- 3. Tissue Damage (Histopathology)**
  - Abnormal pressure on joints and nearby "soft" tissue
  - Swelling
  - Soft tissue damage
  - Tender and painful areas, especially to touch
  - Unnatural wear and tear causes arthritic changes to the joints and nearby tissues
- 4. Muscle Damage (Myopathology)**
  - Muscles chronically tense; muscle spasms
  - Weakened muscles, cartilage, ligaments and tendons
  - Pain
  - Postural distortions
- 5. Health Damage (Pathophysiology)**
  - Dis-ease (overall body malfunction)
  - Accelerated aging
  - Chronic fatigue
  - Lessened ability to respond to physical and emotional stress
  - Lowered resistance to disease
  - Joint degeneration, disc destruction
  - Loss of height
  - Inability to "hold" spinal adjustments

## How do I know if I have a subluxation?

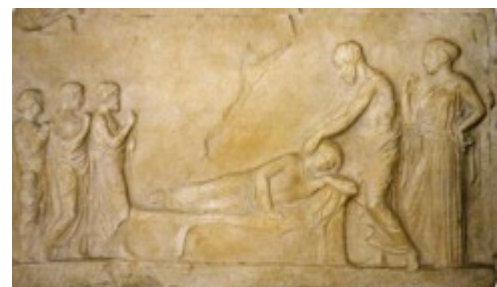
Symptoms, such as pain are the body's way of announcing that there is a problem. Unfortunately, we don't always pay attention to our bodies before we are in pain. Mechanical and nerve dysfunction can cause many health problems without any obvious signs. Chiropractors often see people who "feel fine", yet when asked to perform everyday activities they have serious, chronic functional problems that they have been ignoring for months or even years.

Some common signs of subluxations include headaches, backaches, neck stiffness, pain in your shoulders, arms or legs, and numbness in your hands or feet.

If you are experiencing symptoms such as back or neck pain, in some ways that is a good thing. At least you are aware that you have a spinal problem and have the opportunity to consult a chiropractor for a check up. Chiropractors are the only professionals trained to locate, treat and help you prevent subluxations. Correcting these dysfunctions to the human body today might save you and your family from conditions that are more difficult to ignore as time goes on.

### Some Benefits of Chiropractic Care

- ✚ Improved movement in your neck, back, and torso
- ✚ Better posture
- ✚ Relief from headaches, neck, and back pain
- ✚ Enhanced athletic performance
- ✚ Improved flexibility



Greek art depicting early spinal treatments – 4<sup>th</sup> Century