

WHAT IS A PINCHED NERVE?

The human body is a self-contained, self-governing and self-protecting vehicle which is designed to "live" many years. The body, with its framework of bones, its moving parts and motors of muscles and organs and its communication system of nerves, is controlled by the rational and sentient capacity of the brain. With all the parts functioning smoothly life is known, experienced and enjoyed.

The nerves can be traced back to a point where they leave the backbone and enter the spinal column through small bone sections called vertebrae. These separate sections are bound together into a strong, flexible vertebral column by muscles and fibers. Between these sections or segments are protective cushions of cartilage. It is a remarkable structure, this backbone of ours, and it is appropriately fitted to support our bodies and to take up jars and shocks.

It is possible for one or several of the individual vertebrae to slip or turn slightly from their proper position by sudden twists, prolonged stress of remaining in one position, falls, blows or other accidental strains. Displacement of the vertebral section tends to change the size and shape of the nerve trunk openings resulting in pressure upon or obstruction of the nerve trunk. This physical obstruction creates an abnormal flow of nerve force.

There are 24 moveable vertebrae in the backbone of a grown person, with nerve trunks issuing to the right and left between each juncture of the vertebrae, each carrying millions of individual fibers bundled together like a telephone cable and extending to the various parts of the body. This is why any one of the many bodily parts and organs are affected by nerve obstructions and why these effects can be as numerous as we have names of diseases.

Doctors of Chiropractic are trained to discover displacements of the segments of the backbone. Not only do they rely on their educated fingers discovering displaced vertebrae that reveals noticeable tenderness as the result of irritation, but x-ray is also used to show the position of the vertebrae in relation to one another.

When vertebral displacement (frequently termed subluxation) is corrected by Chiropractic manipulation the bone will be felt and usually heard to move back into place, where it belongs. That is why there is seldom any pain experienced in Chiropractic care. Quite to the contrary, bones move from pain-causing positions to the original health inducing positions.

In this modern era of catch phrase we have often come to know the resultant cause of a displaced vertebrae as a "pinched nerve".

The photo on the right is a graphic illustration of a "pinched nerve". The photo illustrates the result of a displacement of one of the vertebrae causing obstruction of the normal flow of vital impulses through the nerves.

You can see, healthy and normal nerve trunks branch forth from normal openings in the spinal column. But you can also see the devastating effect vertebral pinching has on a once healthy and normal nerve trunk.

