

## *It's All About Alignment!*

**Case:** This patient is a 24-year-old female. Her initial complaint was low back pain. She was an active girl who had a great deal of pain when she stood at a cash register when she worked. Upon examination and x-rays it became apparent that she had an extra vertebra in her low back. This alone created an instability that did easily lead to misalignments. Even her pelvic bones had shifted out of alignment, causing her a great deal of pain. This was only made worse when she was on her feet 6 to 8 hours a day. This made her work seem like a nightmare, for she could not get comfortable and the pain was constantly aggravating her. Once we got her under care, and were able to realignment her low back and pelvic bones, she was pretty much pain free. She was much better off then and able to do her work without the constant aggravation going on in her low back. We even gave her some pointers on how to improve her posture while at work.

From the front end of your car to the back corner of your home, alignment is something that needs to be right. If it is not correct trouble will be manifest in due time, whether that be in premature wore out tires, or a cracking in your very home's foundation. These troubles could have been prevented by simply having your tires aligned or have your home's foundation re-supported. How much more attention and concern should we apply to the "home" we live in every second of every day we are blessed to be here.

Every single patient that I accept for care is suffering from some form of misalignment. Be that a misalignment from a car accident four years back, a difficult delivery 25 years ago or simply doing too much yard work last weekend, they all will make themselves known, but do we listen? Or do we simply numb our senses with our drug of choice and go on about our way as if nothing is wrong.

From a chiropractor's point of view that only is not wise, but can cause a lot of damage down the bumpy road of life. Let me explain what happens when your spine gets out of alignment. First off the joints of the vertebrae get fixated when a force or strain is applied to the body that the body cannot adapt to. The joints are made for motion. When that motion is lost we are still going to walk, bend over, reach for things and look over our shoulder when backing up our car. The trouble comes when our bodies adapt to the misalignment and we keep on keeping on. We may do these same motions but to a lesser degree. When this takes place the vertebrae above and below the fixated segment become hyper mobile, due to the lack of proper mobility caused by the misalignment. The joint that is fixated puts a lot of stress on the disc, which can, has, and will wear out. It's only a matter of time.

I am not stating that every bump will bring about a misalignment, which requires a trip to your local chiropractor. The human body does have an ability to bounce back. As long as we are taking good care of ourselves with proper exercise, good nutrition and solid sleeping we can last a long time. Let me expound on "solid sleeping". It is very important to sleep on a firm, supportive mattress. If we are not resting our backs at night, then when? For it is in the resting at night when our body often makes the corrections to

the misalignments we put ourselves through in the day. Take it from me, I ruptured a disc in my low back in '98 and quickly learned that I had to do something with my soft mattress.

Another grim side effect of joint misalignment is the ever-unpopular word arthritis! The very root meaning of arthritis is "inflammation of a joint". That is exactly what happens when a misalignment takes place in your spine. As that inflammation and irritation stays in place your body responds on its own. This is done by bone being deposited into the misaligned joint as the body tries to stabilize an unstable joint. That is where we get bone spurs and joint fusion. Of course this takes years to bring about that type of change. Yet, just like when you hit a pothole, or your house's foundation settles, trouble is on its way, it's just a matter of time.

Any questions, please call our office 303-2213, or check out our web site:  
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