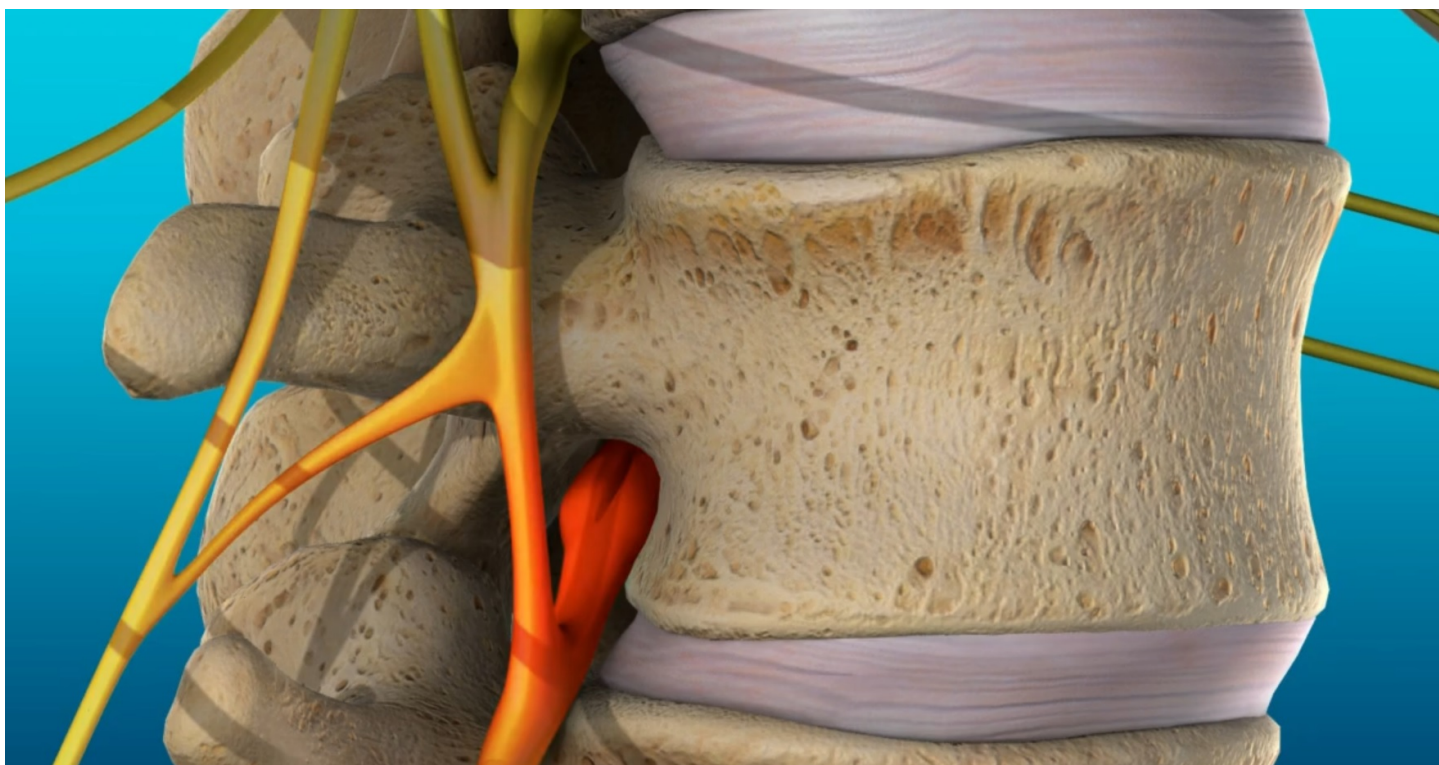


## Vertebral Subluxation

### Overview

Your spine is made up of many structures including bones called vertebrae. Subluxation occurs when a vertebra shifts forward out of position. This bone misalignment can compress nerves that exit the spinal canal causing a variety of symptoms.



### Causes

Subluxation can be caused by normal activity and the wear and tear of aging. It can also be caused by physical exertion or injury.

### Symptoms

Symptoms depend on which vertebra is subluxed and how that affects the related nerve. Spinal nerves flow out of the spinal canal into your arms and legs. As a result, a subluxation of a cervical (neck) vertebra may cause pain, numbness, weakness, and tingling in your arms and hands. A lumbar (low back) vertebral subluxation may cause symptoms in your legs and feet.

### Care and Management

A chiropractor can help find subluxations and can realign your vertebrae. Physical therapy or massage therapy can also ease muscle tension that can contribute to subluxation.