

Spinal Fixation: Issues & Implications

The spine **is like a bicycle chain** for the human body. Each link must connect and move properly in order for it to function optimally. Should a link in the chain **become stuck or fixated**, problems will arise and become progressively worse the longer they are present.

A well-known research study shows us what issues and implications stem from stuck or fixated joints in the spine. Below are the 8 major points of the study.

Source: Journal of Chiropractic Humanities. 2011 Dec; 18(1): 74–85.

1. Fixation of a joint for 4-8 weeks causes degenerative changes and bone spur formation on the joint surfaces with joint surface degeneration beginning at less than 1 week. **In short, a stuck or “fixated” joint can begin degenerating after only 1 week.**
2. Joint fixation resulted in fibrotic adhesions that progressed to mild adhesions in 4 weeks, moderate adhesions in 8 weeks, and severe adhesions after 12 weeks. **In short, a fixated joint WILL get progressively worse the longer it remains stuck or fixated.**
3. Four weeks of joint immobilization has been found to cause a time-dependent loss of neurons that become progressively worse thereafter. **In short, a fixated joint WILL cause progressive nerve degeneration.**
4. Joint immobilization has been shown to cause muscle weakness, atrophy or shrinkage, and fat infiltration into the muscle. **In short, a fixated joint causes muscle degeneration.**
5. There is a period where the adhesions are forming WITHOUT CLINICAL SYMPTOMS. This would support the need for spinal adjustment of a fixated joint despite the presence of symptoms. **In short, this process can take place in the absence of pain or symptoms just like a dental cavity starts forming before the tooth ache begins.**
6. It is demonstrated that the spinal adjustment mobilizes the spinal joints which may break up adhesions, preventing the fibrotic or degenerative process from continuing. **In short, chiropractic prevents joint degeneration.**
7. There may be a possibility of reversal of the neuronal degeneration and muscular weakness through spinal adjustments and remobilization of the joint. **In short, chiropractic may even reverse prior states of decay and degeneration.**
8. Due to the neurological and biomechanical benefits of spinal adjustments, it is both logical and scientifically accurate that chiropractic care prevents the progression of adhesion formation, joint degeneration, neurological degeneration, and changes in muscular strength/flexibility. **In short, chiropractic is not just good for you – it may be necessary for preventing degeneration... just like brushing our teeth.**

CONCLUSION: Old injuries, bad habits, repetitive stress, and neglect cause our spinal joints to become fixated. Unless cared for properly and promptly, these fixated joints will promote progressive decay and degeneration. When we realize how much the neuro-spinal system determines how we live and age, the only logical choice is to take exceptional care of it.