

Spinal Fixation: Issues & Implications

The spine **is like the 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 for 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. **(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. **(a fixated joint WILL get progressively worse the longer it remains stuck/fixated)**
3. Four weeks of joint immobilization has been found to cause a time dependent loss of neurons that become progressively worse thereafter. **(a fixated joint WILL cause progressive nerve degeneration)**
4. Joint immobilization has also been shown to cause muscle weakness, atrophy, and fatty infiltration and deposition into the muscle. **(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. **(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. **(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. **(chiropractic may even reverse prior states of 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. **(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.

Spinal Misalignment: Issues & Implications

The **neuro-spinal system** is the most important part of our body, which most people know very little about, and unfortunately do very little to take care of it properly.

Nerve signals flow from our brain, down and out through our spine, to all of our muscles, organs, and glands. When a **spinal problem** is present, musculoskeletal stress patterns around one or more vertebrae interfere with the normal function of the nerves, affecting the nerves ability to transmit information from the brain to the rest of the body and vice-versa.

After graduating from medical school Henry Winsor, MD was inspired by chiropractic literature to experiment. He planned to dissect human cadavers to see if there was a relationship between any diseased internal organ discovered on autopsy and the spinal vertebrae associated with the nerves that went to the organ. As he wrote:

"The object of these dissections was to determine whether any connection existed between abnormalities of the spine, on the one hand, and diseased organs on the other; or whether the two were entirely independent of each other." He later reported... "There was nearly a 100% correlation between abnormal curvatures of the spine and diseases of the internal organs."

Stomach

All cases of spinal misalignment in the mid-thoracic area (T5-T9) had stomach disease.

Lung

All cases of lung disease had spinal misalignments in the upper thoracic spine.

Liver

All cases of liver disease had spinal misalignments in the mid thoracic spine (T5-T9)

Gallbladder

All cases with gallstone disease had spinal misalignments in the mid thoracic spine.

Pancreas

All cases with pancreas disease had spinal misalignments in the mid thoracic spine.

Spleen

All cases with spleen diseases had spinal misalignments in the mid thoracic spine.

Kidney

All cases with kidney disease were out of alignment in the lower thoracic spine.

Prostate and Bladder

All cases with kidney, prostate, bladder disease had the lumbar (L2-L3) vertebrae misaligned

Uterus

The cases with the uterine conditions had the second lumbar vertebrae misaligned.

Heart Disease

All cases with heart conditions had the upper five thoracic vertebrae (T1-T5) misaligned.

CONCLUSION: There is an obvious and undeniable relationship between spinal alignment and our overall potential for health and disease. When we realize how much the neuro-spinal system determines how we live and age, the only logical choice is to do whatever it takes to fix any problems with it and start taking better care of it.

CBP Technique Explained (Chiropractic BioPhysics)

Chiropractic BioPhysics or CBP Technique is the protocol of choice for elite chiropractors and well-informed patients looking to identify and correct **the root cause of a problem** as a means to address not just pain and symptoms, but to optimize function and longevity.

If you are a patient looking for the correct way to address your health concerns, you have arrived at the right place. CBP is the most researched, advanced, results-oriented, and effective chiropractic technique, and stands at the leading edge of healthcare advancements.

Why CBP Technique Is The Only Logical Choice

Unfortunately, **adjustments alone DO NOT change the shape of the spine**. Adjustments can do wonders for the joint itself, but what about the muscles, ligaments, and tendons that are involved in promoting the underlying biomechanical problem that is causing the symptoms?

The CBP Technique combines a specialized form of physical therapy with the chiropractic adjustment. These therapies are made just for you based off of the unique shape and biomechanics of your spine. This form of chiropractic is **NOT** offered by traditional chiropractors. This form of physical therapy is **NOT** offered by traditional physical therapists. The ONLY type of healthcare provider that combines them properly in a way that is specific to you is a chiropractor specializing in CBP Technique.

This uniquely comprehensive approach produces measurable improvements that no other option or provider has been able to produce. These changes last and allow the spine to fully heal. CBP is the only technique proven to do this consistently in peer-reviewed research.

Interesting Fact About Our Office

Our office is 1 of only 4 other offices in Colorado to staff Distinguished Fellows of Chiropractic BioPhysics (CBP Technique). Currently, only a very small handful of practicing chiropractors in Colorado share this level of skill and credentialing.

Unique Feature Of Our Office

In most CBP offices around the country, a patient will do everything in-house (*chiropractic and physical therapy*). These appointments can be quite numerous and lengthy. We developed a system that teaches each patient how to perform the physical therapy component at home so they only need to be here for the chiropractic component. We did this to **considerably reduce the time and cost factor**. We would be happy to discuss this further on your next visit.

Let's Be Crystal Clear Here

There is no better option to help you identify and correct a spinal problem like yours than a chiropractor specializing in CBP Technique. This includes other types of chiropractors, physical therapists, massage therapists, personal trainers, pilates instructors, orthopedic surgeons, general practitioners, neurologists, etc. Because your neuro-spinal system greatly influences **your potential for health and longevity, as well as your risk for disease and disability**, you would be wise to choose the very best chiropractor you can find for you and your family.

HOW DOES CBP® STACK UP AGAINST REGULAR CHIROPRACTIC AND WESTERN MEDICINE? SEE FOR YOURSELF.

	CBP Chiropractic	Standard Chiropractic	Medical Intervention
Unrushed / Thorough Consultation	✓	?	?
Focus: Treating Symptoms Only	✗	?	✓
Focus: Correcting Cause of Symptoms	✓	?	✗
Orthopedic Evaluation	✓	?	?
Neurological Evaluation	✓	?	?
Chiropractic Joint Evaluation	✓	✓	✗
Detailed Range of Motion Analysis	✓	✗	✗
Digital Biomechanical X-Ray Analysis	✓	✗	✗
Screening for Anatomical Short Leg	✓	✗	✗
Unrushed Report of Exam Findings	✓	?	✗
Drugs to Mask Symptoms	✗	✗	✓
Referral to Specialist (if needed)	✓	?	✓
Soft Tissue Treatments	✓	?	✗
Chiropractic Joint Adjustment	✓	✓	✗
Personalized Home Rehab Prescription	✓	?	✗
Home / Work / Vehicle Ergonomic Advice	✓	?	✗
Before & After X-Ray Analysis	✓	✗	✗
Personalized Maintenance Plan	✓	?	✗