

## REDUCTION OF SUBLUXATION

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The Chiropractor is a person who is thoroughly trained to detect the abnormal positions of the vertebrae in the spine. He is further trained in the technique of restoring these vertebrae back to their normal positions.

The question naturally arises in the mind of the patient as to why the Chiropractor cannot return the vertebra immediately to its normal position and thus immediately restore the tissue to a healthy state. We have shown how subluxation was produced. We have explained that it is the result of a series of changes extending perhaps over a long period of time. We have shown how the vertebra and the surrounding tissues accommodate themselves to the abnormal positions.

What actually happens when an adjustment is given is that the vertebra is returned toward its normal position. When this is done the ligaments and muscles are given an opportunity to regain, in part, their normal tone, and this permits them to hold the vertebra in a more nearly normal state. The spine however, and the body in general, is subject to more or less strain during everyday life and it is possible that the vertebra may recede toward its old abnormal position, thereby necessitating additional continued corrective adjustments.

It should not be lost sight of, however, that often tissues which, perhaps for years, have assumed an abnormal condition due to the gradually increasing pressure upon the nerve fibers, must be allowed time to return through the various stages they have passed in the production of the abnormality. This all takes time, and patience becomes a cardinal virtue, based on the knowledge that all is progressing as it should.

## RESULTS OR RETRACING

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It can thus readily be seen that there is a gradual retracing in the position of the vertebrae from the time when it attains that maximum degree, to the time when it returns again to normal. There is also a retracing in the condition of those tissues, which are supplied by the nerve fibers impinged. They have gradually attained a maximum degree of abnormality and must return through those various stages by which they progressed in the attainment of that abnormality.

Not only is there a retracing in the position of the vertebrae as well as the tissue cells affected by the subluxation, but there is also a retracing in the symptoms exhibited by the patient.

Different stages of the disease give rise to different symptoms, and as the order reverses itself, symptoms which were present, perhaps years ago, may again occur. If the vertebra is being returned rapidly towards its normal position an entire series of symptoms may develop at one time and the patient consequently will believe that he/she is getting worse. As a matter of fact, the outlook is particularly bright at this time, and the patient should be made to realize this fact. Naturally, if he/she does not understand the condition, he/she will assume that they are becoming worse and discontinue care prematurely.

It cannot be made too emphatic that this is the very time when the patient should continue with Chiropractic care because the results are being obtained which will do the greatest good.

It is immaterial whether the disease is one of long standing or an acute condition; there must be a retracing in the position of the vertebra and in whatever structural or functional change has occurred. Naturally, if this is true, there must be a retracing in symptoms, note, in acute cases, they may be so slight in degree that they pass unnoticed.

Finally, permit us to impress deeply upon every patient the necessity for continuing with care even though you cannot note the progress made from day to day, or even though you believe your condition to be worse.

**REMEMBER THAT IT IS ESSENTIAL FOR THIS PERIOD OF RETRACING TO BE PASSED THROUGH AND DO NOT ALLOW ANY TEMPORARY DISCOURAGEMENT TO PRECLUDE THE ULTIMATE HEALTH WHICH WILL BE YOURS IF YOU CONTINUE**



## RETRACING

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## RETRACING

A common question that Chiropractors and their patients have to face is the question of retracing. Many patients cannot understand they should have to go back, step-by-step, over the various stages of their disease through which they have progressed, in order to regain health. It is because of this fact that a pamphlet on this subject had to be produced.

The Chiropractor knows when the patient is retracing, and if this booklet is placed in the hands of the patient, and if he/she will take a few minutes to read the explanation here given, they will understand the rationale.

What do we mean by retracing? Primarily it implies going over ground, which has already been covered until the individual reaches the point from where they started. When a patient is under Chiropractic care it often occurs that he/she exhibits symptoms, which have not manifested themselves for months, or even years. First impression, is that they are becoming worse; but the facts remain that the condition is retracing several stages through which his disease progressed in the making. This is not peculiar to only certain cases but it is a common condition to which all are subject.

**THE DISEASE MUST BE RETRACED STEP BY STEP, IN ORDER TO REACH THAT POINT FROM WHERE IT STARTED, NAMELY, HEALTH.**

### TIME ELEMENT

The question of time is an essential one in the matter of retracing. If a disease has been in progress for a number of years, the patient should not always expect to regain the normal state within a few days, as it took time for the condition of the patient to change from healthy to a maximum degree of abnormality, so it takes time to retrace from the abnormal condition back to health.

Again one of the spinal segments may have assumed an abnormal position very suddenly, thus producing impingements on the tiny nerve fibers which supply the cells of the segments itself. As a result, inflammation occurs and with the excessive heat that appears at the time, there is more or less of a melting and fusion of the displaced segment with the other bones it is in contact with. This all may occur in a very short period of time and it will take several months of Chiropractic care to remove such a condition.

The foregoing is given merely to show that the time consumed in the recovery does not always correspond to the time consumed in the production of the disease. As a general rule, however it may be stated that acute diseases respond more quickly, while chronic cases of long standing nature are slower in their response.

## EXTENT OF INVOLVEMENT

Some abnormalities show a very extensive involvement of tissue, while others show very little involvement of tissue. In some diseases scientists have never determined what tissues are involved or in what way they are altered. Logically, however, it must be true that if the patient is suffering from a disease, there must be an abnormality in the function of the tissue.

Assuming that there is an involvement of tissue and that the structure is abnormal it must retrace the various steps through which it passed in assuming the abnormal condition. This is well shown by the various eruptions on the skin where the tissue gradually changes and becomes abnormal, reaches its greatest degree of abnormality, and then returns through the steps, which it has covered in its appearance until the skin again becomes normal. This is equally true of those tissues in the body, which are not visible.

## HOW DISEASE IS PRODUCED

In order for a tissue cell to be healthy, it must be supplied with three essentials. It must receive oxygen in proper quantities, it must receive nutrition in proper quantity and quality, and it must receive vital energy in proper quantity and quality through the nervous system. The supply of oxygen is controlled by the total energy through the nervous system. In the final analysis, then, all three essentials are directly dependent upon receiving the proper amounts of vital energy. This is the keystone in the arch upon which all other activities are dependent.

The expression of this vital energy in the tissue cells depends upon the condition of the nervous system because that is the medium through which the vital force is transmitted from the brain to all parts of the body.

If an abnormal condition is present, then it is because there is some interference with the free transmission of the vital energy from the brain to the tissue cells. There is only one place where this interference can be produced. That place is the spine where the nerve trunks pass through. If a vertebral subluxation occurs, it results in the partial closing of the opening through which the nerve passes. This naturally produces interference upon the fibers contained in that nerve trunk, so that the vital energy cannot be transmitted in the normal proportion.

Every fiber that is impinged by this constriction supplies some tissue cell, and that tissue cell is abnormal in the degree to which the fiber is impinged.

If many of the fibers are involved, then many cells are involved and they remain in a diseased condition until such time as they can again receive their normal quota of vital energy. This can only be accomplished when the interference upon them is removed.

## PRODUCTION OF SUBLUXATION

This is a term applied to the condition which the bony segments of the spine become slightly displaced from their normal positions.

How is this subluxation produced? In two ways. It may be produced by a sudden wrenching or twisting of the body and retain the position which it assumes at this time for months or years, unless it meets with some concussion which returns it to the normal position. If this subluxation retains only that degree of abnormality which it originally assumed, and if it was severe enough to produce immediate symptoms, they may be designated as acute. The other form of subluxation is that wherein the vertebrae gradually alters its position, becoming more and more abnormal as time progresses and producing and increased interference which is manifested by a continually increasing abnormality in the tissue cells.

The question naturally arises as to how a subluxation can occur more or less gradually. The reason is this: In the first place, a very slight subluxation is produced by the twisting or turning or wrenching to which the spine is continually subject. If this slight subluxation produces an impingement upon those nerve fibers supplying the muscles or ligaments having a direct effect upon the vertebrae in question, they either gradually lose their tonicity, or their tone increases.

If either of these conditions occur, the muscles or ligaments on one side of the vertebrae possess less tone than the other side. They are weak and, as a consequence, the stronger structures tend to pull the vertebra toward their side. This is not a process which is accomplished rapidly. It is the results of weeks, months or even years of progress and accounts for the gradual development of many chronic diseases.

The vertebrae are continuously becoming more abnormal, and as they are doing so, greater and greater interference upon the nerve fibers is being produced.

As we have laid out, if diseased tissues are the result of impingement upon nerve fibers, then it is equally true that the disease will become more and more severe as the impingement becomes more and more pronounced. It must also be remembered that the vertebrae, as it changes position, is accommodating itself to the structures which surround it.

