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Abnormal muscle function alters normal spinal function

In 1996, Issue 21 of the Journal Spine reported that abnormal function of the low-back muscles will interfere with normal spinal function. Abnormal muscle function, or "Myopathology" is one of the components of the Vertebral Subluxation Complex that is so effectively dealt with in Chiropractic.

The induced abnormal muscle function in the tests had the net effect of causing the spine to be less stable. This instability of the spine resulted in a shifting of weight loads from the joints of the spine to the discs and ligaments which are not designed to handle this type of weight-bearing.

The authors of the study point out that "trunk muscles have been proven to play an important role in the normal functioning of the spine." They went on to conclude that "muscle dysfunction disturbs the normal functioning of other spinal components and may cause spinal disorders".

By way of commentary, Chiropractic helps restore and maintain the integrity and stability of your spine, allowing it to function to the best of its ability. Over and over again, research points to the fact that keeping your spine healthy is necessary for keeping your entire body, and those of your family, as healthy as possible.

**Our purpose is to educate and adjust families toward optimal health
with natural chiropractic care.**