

Family Chiropractic

*Courtesy of Harbourfront Family Chiropractic
by Dr. Warren Gage*



Where to adjust

It's tempting to think of the spine as 23 parts, or three different regions (cervical, thoracic and lumbar). Instead, we see it as an integrated whole. Since your spine is designed to help you deal with gravity, a problem in one area is often offset by a problem in another. We call these compensation reactions.

For example: Someone complaining of low back pain can often have even a more profound problem in their upper neck but it hasn't produced symptoms (yet). Their head misalignment is producing the problem in their lower spine. As we adjust their neck (where there are no symptoms) it can better support the weight of the body and the low back pain resolves!

One more reason why you can't judge your health by how you feel.