

WELCOME TO SOVITA CHIROPRACTIC

SoVita (So · VĒ · tah):

So-Vita (So · VĒ · tah): Derived from the Greek word Sophos meaning Wisdom, and the Latin word Vita meaning Life. At SoVita Chiropractic Center™, we believe chiropractic care combined with imparting wisdom to our patients will enable them to live and express life at their full potential.



HEALTH WISDOM VITALITY

SYMPTOMS

Covering up symptoms with medications can ignore the underlying cause and delay the healing process. Instead chiropractic doctors find the underlying cause of your ache or pain and correct it, this improves symptoms naturally.

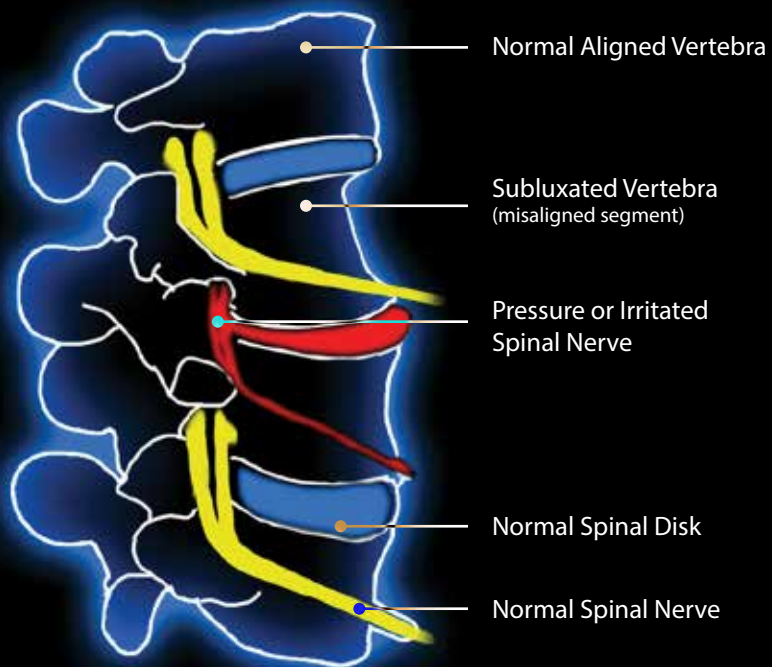
SUBLUXATION

A subluxation (a.k.a Vertebral Subluxation) is when one or more of the vertebrae (segment) of your spine move out of their normal position. When you suffer from a subluxation the spinal nerves that come out from between each of the vertebrae may become irritated and cause a disruption in your nervous system.

SUBLUXATIONS EXPLAINED

A vertebral subluxation can place undue stress on the disk between the vertebra

Your pain or health problem may be affected by a Vertebral Subluxation



Your nervous system controls and coordinates all functions of your body. Your brain, spinal cord and spinal nerves make up your nervous system. The brain controls the functions of your body by sending signals down the spinal cord through the nerves to all parts of your body.

When your spine is misaligned (subluxated), the signals traveling through the nerves may be interrupted. Parts of the body that are not able to communicate with the brain properly can't function at their full potential.

COMMON CAUSES OF SUBLUXATION

Subluxations are caused by physical traumas, emotional and chemical stressors.

When people think of reasons why their spine may be injured, they often think of accidents first.



Although traumas such as car accidents, falls, slips, and sports injuries can all cause subluxations, researchers have identified that subluxations occur not just as a result of these major traumas. Shoveling snow, yardwork, gardening, computer work, texting, and even driving, are some of the strains of everyday living that may cause subluxations overtime.



Unhealthy habits and lifestyles also can cause subluxation. For example, poor posture can skew your body's natural balance, causing stress and strain on your spine, muscles, and surrounding tissues. Even the birth process is stressful enough to cause subluxations.

Stress is another major cause of subluxations. Your emotional and physical well-being are very closely related. Stress will affect the weakest part of your nervous system and could present itself in form of symptoms such as pain and tightness.

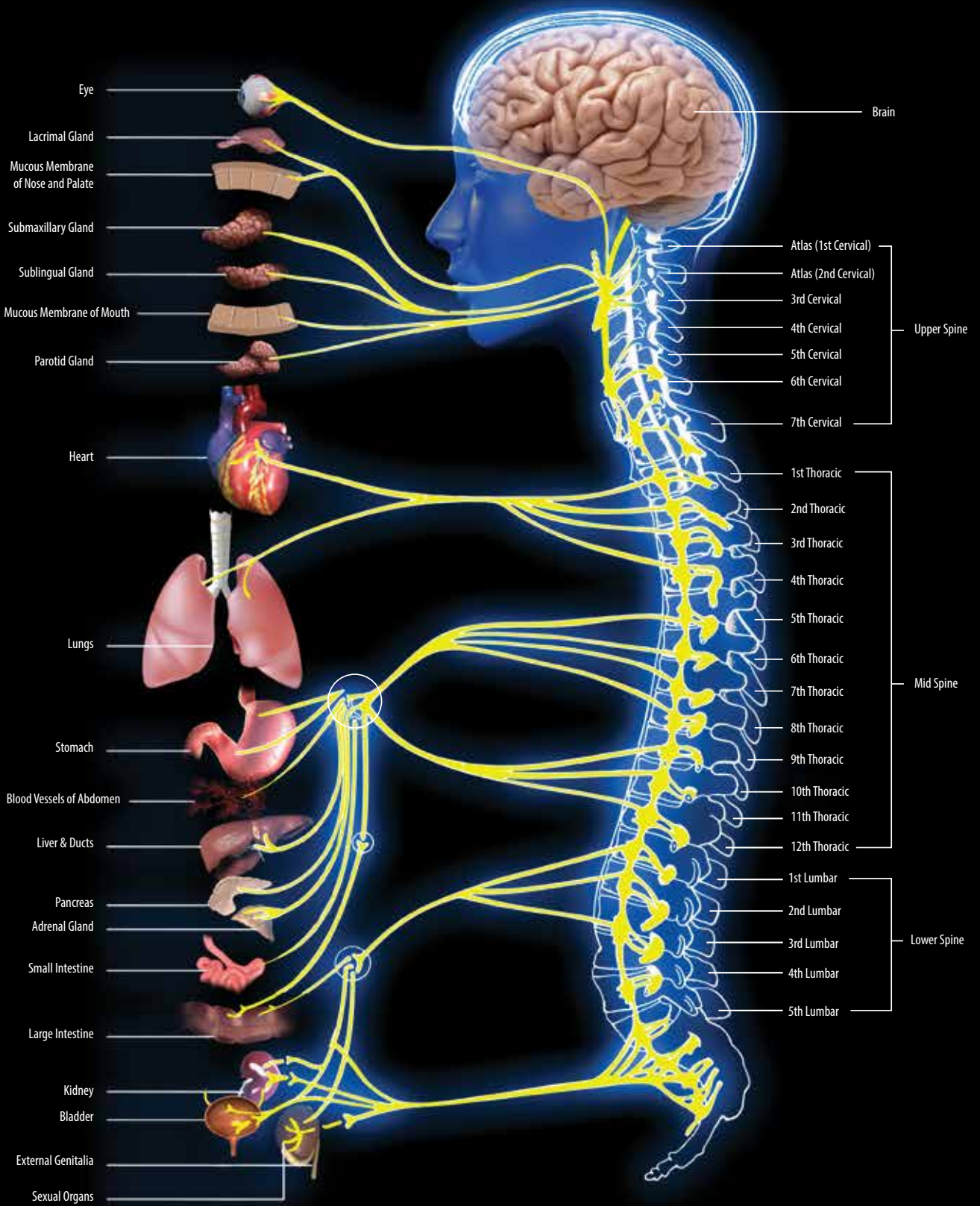
Lastly, chemical stress such as poor nutrition, dehydration, drugs and alcohol, even excessive use of prescribed and over the counter medication cause an insult to the nervous system.

It isn't unusual for one patient to have several factors which are contributing to a subluxation.

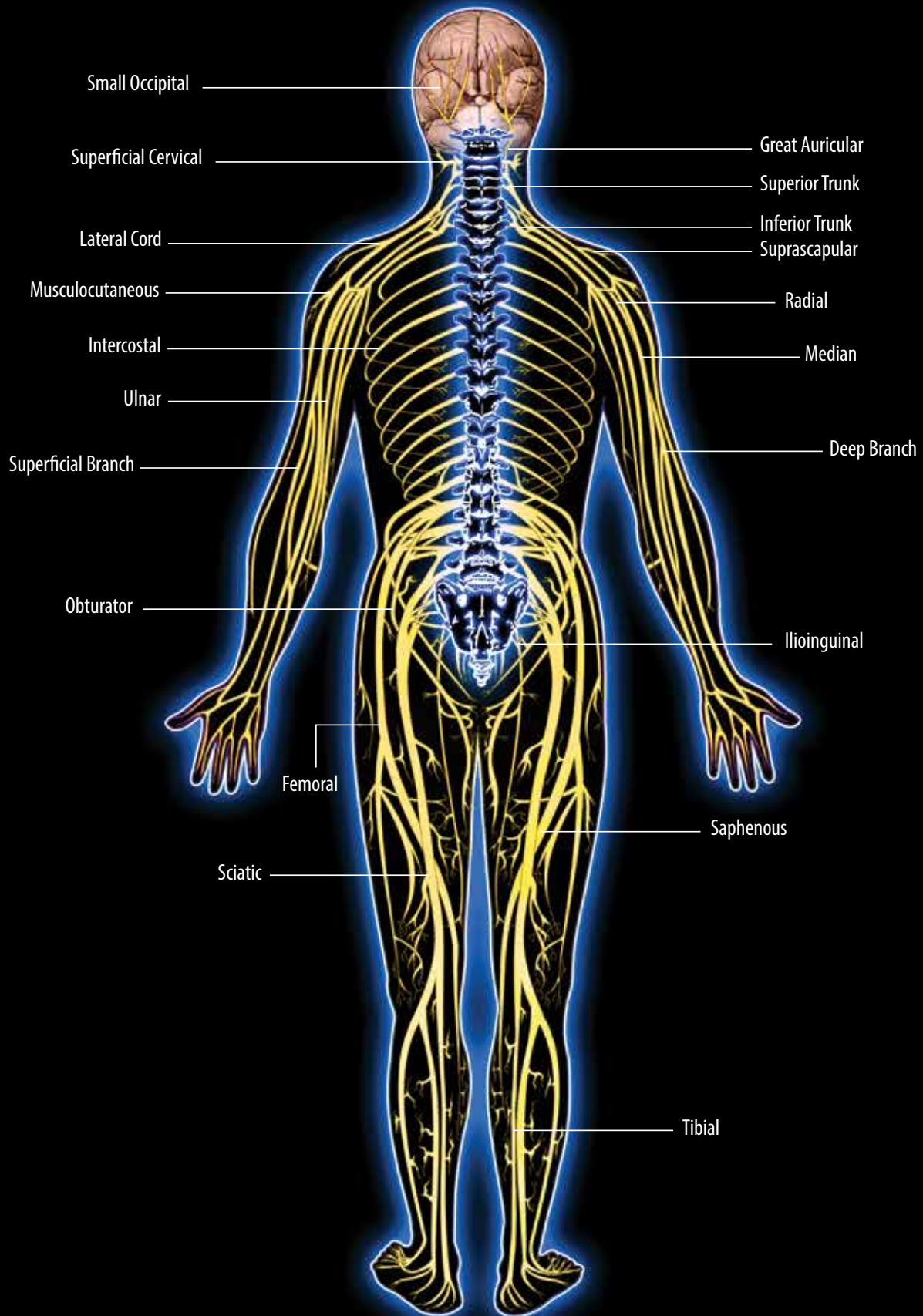
Doctors of Chiropractic are the only professionals trained to analyze, locate, and reduce or correct subluxations.



NERVOUS SYSTEM



SPINAL NERVES



V.S.C.

VERTEBRAL SUBLUXATION COMPLEX

Vertebral- The 24 moveable segments of the spine

Subluxation- Misalignment of one of the moveable segments of the spine causing interference in the nervous system

Complex- Involving various components

As a result of VSC, various things are happening inside your body simultaneously. These various changes, known as components are all part of the vertebral subluxation complex.

1. ABNORMAL MOTION OR POSITION OF SPINAL VERTEBRAE

When the vertebrae are out of their normal position, spinal motion may be restricted affecting your ability to turn and bend. This component is referred to as **Kinesiopathology**.

2. ABNORMAL NERVOUS SYSTEM FUNCTION

Spinal misalignments can choke, stretch or irritate delicate nerve tissue. Research has shown that only a small amount of pressure on a spinal nerve can have a profound impact on the function of the nerves. This nervous system interference may present itself in the form of symptoms in the body. This component is scientifically known as **Neuropathology**.

3. ABNORMAL MUSCLE FUNCTION

Spinal misalignments create abnormalities in muscles supporting the spine. They might weaken, atrophy, become tight and begin to spasm, even developing tender areas. This component is referred to as **Myopathology**.

4. ABNORMAL SOFT TISSUE FUNCTION

Spinal misalignments create abnormalities in the bands of tissues surrounding the spine. The spinal joint capsules, ligaments, and tendons may become inflamed, restricted or stretched. Discs can bulge, herniate, tear or degenerate permanently. This is referred to as **Histopathology**.

5. DEGENERATION

Spinal misalignments may lead to the formation of bone spurs, degeneration of spinal joints and discs. This spinal decay could cause a breakdown of nervous system integrity and overall body function. This is referred to as **Pathophysiology**.



Screenings are performed to detect health problems at their earliest stage. Some screenings uncover problems long before symptoms begin.



Vision screening maybe performed using a vision chart

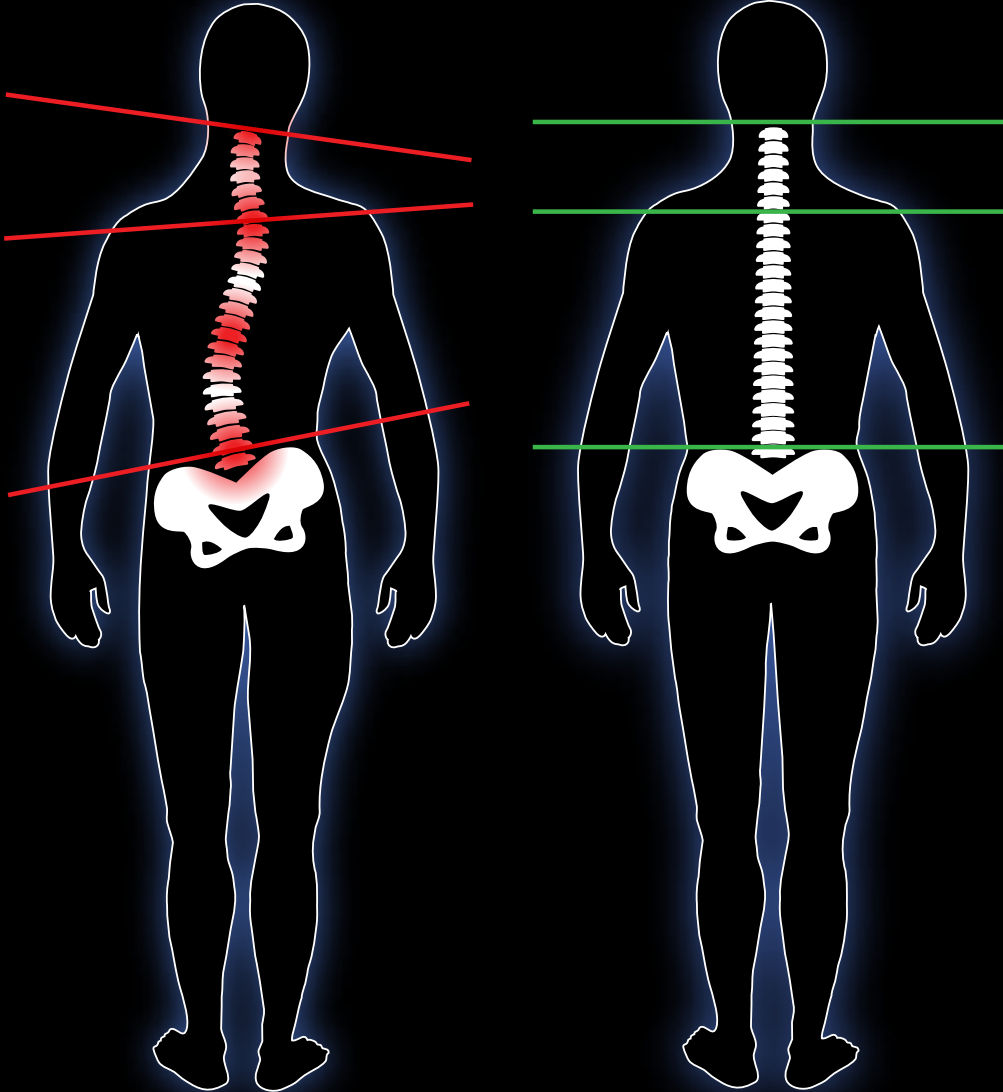


Heart screening maybe performed by checking blood pressure



Spinal screening maybe performed by assessing posture

YOUR POSTURE IS THE WINDOW TO YOUR SPINE





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This booklet is simplified for information only and should not be used in place of professional healthcare advice.