



I hope you've all had a good Christmas and are looking forward to the New Year. At least the days are starting to get longer again.

### What are subluxations and are they important?

This is something I have already talked about in a newsletter from my people practice but felt it was important I cover it here too as animals suffer from subluxations as humans do.

For a medical doctor a subluxation would be something less than a luxation or in more common terms, less than a dislocation.

Officially, the World Health Organisation definition of the chiropractic vertebral subluxation is: *"A lesion or dysfunction in a joint or motion segment in which alignment, movement integrity and/or physiological function are altered, although contact between joint surfaces remains intact. It is essentially a functional entity, which may influence biomechanical and neural integrity."*


The altered motion, or altered biomechanics, results in inappropriate stimulation to the nerve receptors and affects neurological function. Nearby nerves may even be irritated or compressed, as is the case in disc herniations.




These disturbed impulses are carried by the nerves to the brain and result in aberrant signals to muscles, joints or even internal organs. Thus disturbed input can lead to inappropriate signals to muscles or organs, affecting function.

The subluxation also causes the muscles surrounding the joint to dysfunction, become tight and even painful.

### Dis-ease?

 If these dysfunctions remain they can lead to dis-ease or even disease.

By dis-ease we mean lack of harmony and balance in the body, that the body is not functioning at it's optimum and is thus not truly healthy. 

This is where your Chiropractor comes in. Chiropractors are trained to find and treat these subluxations and thus keep your body moving well at every joint and remove interference to the nervous system. This will stop problems building up to the point where they lead to pain or other symptoms.

### Prevention is better than cure

So treat your horse or dog to a chiropractic check up to start the year and be sure they are subluxation free!



### Quote of the month

The invariable mark of wisdom is to see the miraculous in the common.

Ralph Waldo Emerson

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