

# Neurological Snapshot Of The Subluxation

Negative thoughts result in the stress response, which may affect posture, joint position and function - a subluxation.



The subluxation is at the core of the science of chiropractic. Professor Michael Hall is taking a brilliant look at the subluxation, motivating us to have a visceral response in our thinking on the topic.

*"Many of us have discussed at one time or another the impact of traumas, thoughts, and toxins on neurological health and well-being."*

He uses negative thoughts as a starting-point. Such adverse stress heightens the sympathetic nervous system and results in elevated respiration.

This requires increased muscle activity, causing increased muscle tone, which changes the position of the head and the spine in the neck. This changes the body's control of balance, which changes the normal function of the pelvis.

Do you know someone who has forward head posture, fixated upper ribs, and subluxations throughout their spine? In this picture, they could also have less-than-optimal respiration, heart rate, and digestion.

So adverse stress increases muscle tone, which alters the normal position and function of the joint. That's what we call a subluxation resulting from negative stress.

That person may complain of muscle & joint discomfort, or not. Regardless, a subluxation represents interference in the normal function of the nervous system.

## Story at-a-glance

1. Negative thoughts result in a heightened sympathetic nervous system. They also increase the tone of the accessory muscles of respiration, affect the head position, the spine in the neck and the body's control of balance.
2. So, if someone has forward head posture, fixated upper ribs, and subluxations throughout their spine, they could also have less-than-optimal respiration, heart rate, and digestion.
3. Adverse stress shifts the focus to a more negative health outcome, with an increase in muscle tone that alters normal joint function – what we call a subluxation. Subluxation can represent the downstream manifestation of negative or adverse stress.
4. **Practical Application:** As chiropractors, we are driven to find out what may help the adjustment hold, and also what may be causing the subluxation.

A properly trained chiropractor knows the importance of:

1. Detecting and correcting subluxations, wherever they may be.
2. Ensuring that the adjustment makes the change the body needs.
3. And helping identify what may be causing the subluxation.

*"Your patients, your practice – there are too many subluxations and not enough chiropractors!! Subluxations represent interference, chiropractors remove subluxations."* - Michael Hall

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