

Are you at Risk of Spinal Failure?

Spinal failure occurs when the spine has been subjected to chronic or acute chemical, emotional or physical trauma and the spinal segments (vertebra) remain misaligned or subluxated for a period of time without receiving proper care and attention by a chiropractor.

Although Spinal failure is not an immediate life threatening condition such as acute heart failure or acute kidney failure, it is the most common cause of functional disability over the age of 50.

What Causes Spinal Failure?

The most common causes of chronic spinal failure – where the spine slowly fails to function efficiently over several months or years include:

- Subluxation (misaligned vertebrae)
- Poor posture (see posture analysis below)
- Physical trauma
- Improper sleeping habits
- Malnutrition
- Repetitive movements

What are the Symptoms of Spinal Failure?

- Headaches
- Sinus infections
- Neck pain or stiffness
- Shoulder pain or stiffness
- Numbness or tingling in extremities
- Indigestion
- Mid back pain
- Low back pain or stiffness
- Sciatic pain
- Fatigue
- Poor Posture

How is Spinal Failure Treated?

If detected early enough, Spinal failure can be prevented and corrected in most cases. If left untreated, severe spinal arthritis is likely to develop resulting in functional disability and a lifestyle of dependence on pain management or surgical intervention.

Proper treatment to prevent Spinal failure includes:

- Initial assessment by a licensed Chiropractor.
- Specific chiropractic adjustments to restore proper function and alignment.
- Specific spinal therapeutic exercises to restore strength and flexibility to the spine.
- Spinal decompression performed by a chiropractor to restore degenerative spinal discs
- Specific nutrition to encourage strength of spine and supporting tissues.

How Can Spinal Failure Be Prevented?

The best way to prevent Spinal Failure and functional disability is to visit a chiropractor early in life to assess the spine for subluxations and proper alignment. It is also important to develop proper posture habits while sitting and standing. Review the posture analysis report below to learn proper standing posture for healthy spinal function. Specific spinal strengthening exercises are valuable in preventing subluxations and Spinal failure and can be directed by your chiropractor.

If your spine has not been thoroughly examined by a chiropractor, it is never too late to visit one. Call your local chiropractor for a spinal examination to assess your risk for Spinal Failure. Contact Wisconsin Spinal Rehabilitation Center at 262.695.1870 or 262.642.4100 for questions regarding Spinal Failure.