

Your Spinal Column & Nervous System

Your spinal column or 'backbone' is made up of 24 vertebrae: seven in your neck (cervical spine), 12 in your midback (thoracic spine) and 5 in your lower back (lumbar spine). Your spinal cord, made up of billions of nerves, lies inside your spinal column, protected on all sides by bone. Your spinal cord's nerves branch out through openings between your vertebrae and connect to your internal organs, muscles, joints, ligaments, tendons and other body parts. This connection is vital for your well-being.

The vertebral subluxation complex, an often painless spinal distortion, can irritate or damage your spinal nerves, interfere with your brain-body connection and affect your spine, nerves, discs, muscles, organs and overall health. Doctors of Chiropractic specialize in the detection and correction of the vertebral subluxation complex – restoring the lines of communication within your body and improving your overall body function, healing potential and well-being.