

# **SPINAL MANIPULATION**

As osteopathic physicians, we are trained in spinal manipulation to realign spinal subluxations. When vertebrae are twisted out of normal alignment, nerves are pinched resulting in restricted motion, inflammation and pain. Correcting these subluxations restores motion and minimizes inflammation and pain.

Also, when the vertebrae are subluxed and nerves are “pinched,” the organs of your body innervated by those pinched nerves become irritated. If this continues it can become a very unpleasant, unhealthy state. Correcting the subluxations turns off the irritating influence on the organs. Health is often restored. This concept is fundamental to both osteopathic and chiropractic health care.