

THE SPINE AS A KINETIC CHAIN:

EVERY VERTEBRA INFLUENCES THE WHOLE

A kinetic chain entails a process in which each joint or segment in the chain effects every other segment during movement. Energy and movement in one segment creates a chain of events which affects neighboring joints and segments. A tangible example involves using playing cards or dominos to create a chain reaction beginning with movement in a single part which impacts the whole.



The spine makes up a kinetic chain. Chiropractors understand that a holistic approach provides the best method of ensuring total body care when assessing and addressing symptoms of disease. **The existence of a problem in one area of the spine radiates effects onto other parts of the spine and body.** Pain tends to be the last sign that a problem exists. A proactive approach ensures the body be kept in the best position possible to prevent pain and disease from occurring. Chiropractors and other spinal health professionals understand and approach the spine as a powerful kinetic chain which influences the health of the entire body.

A leading spine expert Dr. John Bland accurately stated:

"We tend to divide the examination of the spine into regions: cervical, thoracic, and lumbar spine clinical studies. This is a mistake. The three units are closely interrelated structurally and functionally. A whole person with a whole spine. The cervical spine (neck) may be symptomatic (painful) because of a thoracic (mid-back) or lumbar (low back) spine abnormality, and vice versa. Sometimes treating the lumbar spine will relieve a cervical spine syndrome, or proper management of the cervical spine will relieve a low back ache."

- Disorders of the Cervical Spine

The spine consists of twenty-four moveable bones stacked on top of each other with a shock absorber in between each segment. The shock absorber is called an intervertebral disc. Chiropractors focus on the health and functionality of the entire spine to ensure proper alignment and movement within each vertebra and disc.

The spine also intimately connects with the brain and central nervous system. Movement makes up a key ingredient in proper brain and nervous system function. Proper movement means the brain and body communicate to the fullest potential. Every adjustment helps unlock any stiffness or lack of mobility to ensure the process of maximum health and healing. As the spine gets healthier and more well-adjusted, the body gets healthier through better nervous system function. Proactively detecting and addressing all areas of the spine within the kinetic chain remains the ultimate goal. Chiropractors take pride in helping their practice members achieve healthier, more active without drugs or surgery. Stay connected to better help with Chiropractic.