

# But I'm No Longer In Pain!

Don't be lulled into a false sense of security by thinking, "I'm no longer in pain, so I'm free of subluxations." Although in many cases, one or a few spinal adjustments may make you pain free, that may merely mean that your spinal damage is a little less severe than it was when you first entered the office, but not that you have healed completely.

Would you go to a dentist who would wait until you were in pain before he checked you for cavities? ...to an internist who told you to wait until you had a stroke before addressing high blood pressure? ...to an oncologist who said the only time to deal with cancer was when the tumors started making you feel sick? Of course not!

Since vertebral subluxations are often painless, your body may have been fighting them for a long time by the time they are discovered. The “battle scene” may be littered with casualties such as weakened, unbalanced and unevenly worn joints, muscles, ligaments, tendons and discs. Fibrosis (scar tissue) forms to strengthen the unstable areas.

This damage needs to be cleaned up and repaired if your spine is to heal properly. Fibrosis causes a particular problem since it builds up within a few days of subluxation damage. Further, the muscles begin to “learn” abnormal holding patterns that must be “unlearned” before you can hold your spinal adjustments.

Can you imagine what your joints would look like after a few years? Since these tissues are involved in holding the vertebrae in proper alignment, this scar tissue must dissolve if your spine is to heal properly. Until the scar tissue dissolves and the tissues rebuild, your body will not hold its adjustments well and regular spinal corrections or adjustments are needed.