

Pinched Nerve

It's called a pinched nerve because that's what it feels like. But there's a lot more going on!

The 24 moving bones of your spine protect your spinal cord while permitting normal turning and bending. Pairs of nerve roots, one on each side, branch off your spinal cord at each segmental level to service the organs and tissues of your body. When these openings are unobstructed, your brain can properly control and regulate your body.

When a spinal bone is malpositioned, it can encroach upon these important nerve openings. Nerve irritation can result. We call that a subluxation.

Two Types

When spinal bones lose their normal motion or position, it can cause one of two types of nerve disturbances:

- **Compressed lesion** - This is just a fancy name for a pinched nerve. What surprises many is that it's actually quite rare. More common is a...
- **Facilitative lesion** - This is when the nerve root is stretched, twisted or chafed. Think: hard tissue rubbing on soft tissue.

But remember, bones are static structures. They don't move unless muscles move them. And muscles don't move bones unless commanded by the nervous system. An irritated nerve creates a vicious loop. Our job is to locate these areas of your spine and reduce their impact on your nervous system.

A Precise Nudge

A thorough examination helps us identify areas of your spine where spinal bones are stuck and not moving correctly. Then, we give them a precise little nudge called a chiropractic adjustment. Your body uses this energy to "right itself" as nerve irritation is reduced.

Because chiropractic addresses the integrity of your nervous system, it's a natural solution to many health problems. Give us a call here at Sampson Chiropractic

Frequently Asked Questions:

How long does it take for nerve irritation to be reduced?

What about my friend who only needed one visit?