

Alderete Chiropractic

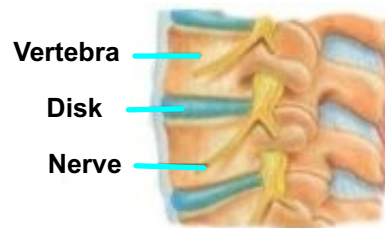
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What Causes Spinal Degeneration

Years of stress or overuse can cause your spine to degenerate, or wear out, early. Poor posture, repeated movements that strain the spine, injuries, an abnormal curvature, or even your lifestyle can lead to misaligned joints and worn discs. You may have pain and stiffness, or no symptoms at all.

Healthy Spine

When your body weight is evenly distributed throughout your spine, the bones (vertebrae) and shock absorbers (discs) can better stay healthy and pain-free.



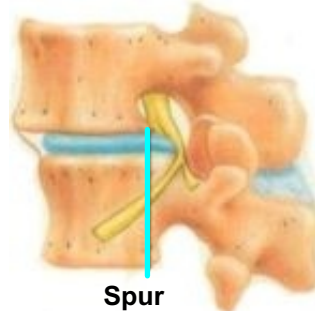
Misaligned Joint

The joint is where the vertebrae meet each other. When a joint is out of position, the vertebrae can't move correctly. Discs & muscles become stressed and nerves may become irritated.



Early Degeneration

With repeated stress, a disc wears down and is less able to cushion the vertebrae. Bone spurs (bony outgrowths) may develop, muscles and soft tissue may stretch unevenly, and nerves may become irritated.



Advanced Degeneration

If the disc thins further, the nerves can become pinched and the vertebrae begin to fuse. Pain may be severe, and range of motion may be drastically reduced.

