

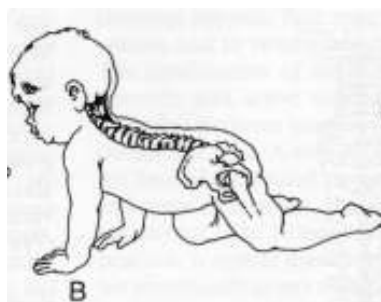
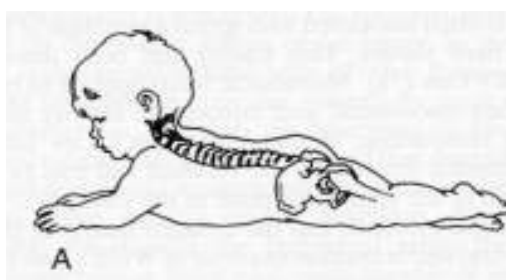
SHIRLEY RD CHIROPRACTIC

www.shirleyrdchiro.com.au



Progression of Degenerative Change

- Spinal development begins shortly after conception. Within the first few months of life, development of the neck muscles create our neck curve (cervical lordosis) and as we begin to crawl, muscles develop in the low back and create the curve in our low back (lumbar lordosis).



- The curves that develop in childhood help our spine act as a **spring** and absorb compression shocks throughout life. Not everyone has developed these curves properly, for various reasons, and this may contribute to some spinal problems.



Common causes for loss of **cervical lordosis**:

- Stomach sleeping
- Telephone hooked up to ear
- Computer work
- Poor posture
- Sedentary lifestyle
- Minor whiplash

Common symptoms include:

- Neck soreness
- Tight shoulder muscles
- Headaches



Common causes for loss of **lumbar lordosis**:

- Poor crawler
- Poor posture
- Weak spinal muscles
- Lack of trunk core stability
- Sedentary lifestyle

Common symptoms include:

- Low back ache
- Recurrent sprain / strain injuries
- Tight low back muscles

Phases of Degenerative Change



Normal

- Normal curve (lordosis)
- Good space between vertebrae
- Square ends on each surface

Phase 1 – Degenerative change

- Loss of normal curve
- Slightly diminished space between vertebrae
- Some slight spur formation

Phase 2 – Degenerative change

- Loss of normal curve
- Further loss of space between vertebrae
- Further spur formation

Phase 3 – Degenerative change

- Complete loss or reversal of normal curve
- Further loss of space between vertebrae
- Prolific spur formation

Ask for a copy of the "Arthritis" information sheet for further prevention of degeneration

Aims of Chiropractic Care

- To help maintain normal spinal curves that have developed through childhood
- Increase muscular balance and coordination in the muscles that protect our spinal joints
- Restore normal function rather than just focus on pain
- Increase awareness, at a conscious and subconscious level, of posture

What to Expect From Your Care

- Spinal degeneration is a process, not an event
- It has taken time to develop and so does take some time to respond
- In Phase I we may expect complete recovery
- In Phase II and Phase III our main goal is to prevent further rapid degenerative change and loss of nerve function

For further information regarding progressive spinal degeneration, and references for the above material, please visit our website.

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