



# Basile Spine Sport and Wellness

## Health Promotion Strategies

To Optimize Your Results, Create Better Life Performance and Greater Longevity With Chiropractic Care

## Spinal Subluxations Can Be Acute, Chronic, or Permanent

In a previous teaching we learned that spinal subluxations are caused by physical, emotional, and chemical stress. We learned that the physical stresses alone were enough to cause spinal subluxations in just about everyone who has a spine.

Repetitive lifting and bending, long periods of sitting, jerks, jars, slips and falls can create spinal subluxations.

A combination of many small traumas and a few large traumas accumulate over time to create these subluxations.

Since these subluxations more often than not develop silently they are left undetected and uncorrected for months and even years. This is what leads to chronic and permanent spinal subluxations.

If the subluxations are adjusted by your chiropractor while still new and **acute**, they can easily be corrected with no residual problems. This by the way is the reason children should be checked from birth and throughout their life, especially while growing. This is also the reason that we promote regular wellness care adjustments.

Most adults come into our office with chronic and / or permanent spinal subluxations. To keep the subluxations at a minimum so there is minimal impact on a person's health, regular spinal checkups and

adjustments are important. In addition, any new acute subluxation will be detected and corrected while it is still new and will not have the opportunity to become chronic or permanent.

This is the same reason it is important to practice daily spinal hygiene exercises. In most cases these brand new subluxations can be corrected just by doing some simple spinal exercises at home.

**Chronic subluxations** can be corrected and eliminated completely with proper chiropractic care and home care efforts. However, it does take time because tissues have to be remodeled to support normal alignment and function of the spine.

**Permanent subluxations** can be improved but never completely eliminated. Again, proper chiropractic care and home care efforts help to maximize results.

In all cases, **acute, chronic, or permanent**, chiropractic spinal adjustments improve your spinal and nervous system health and consequently your overall health.

Regular lifetime wellness chiropractic care is extremely affordable and helps you live a better life and saves you money and suffering.

### What is HEALTH PROMOTION?

We all want to be healthy. We are all aware that living a healthy lifestyle helps to prevent disease. But health is more than being free from disease. Optimum health means that your body is functioning at 100% all of the time. With this understanding we can actually make our aim to go beyond merely preventing disease and actually build (PROMOTE) greater levels of health. Thus, HEALTH PROMOTION. That is what we want to help you achieve which leads to better life performance and greater longevity.

### For More Information:

Visit

<http://www.drthomasbasile.com>

<http://www.teamchiropractic.org>

17205 Vashon Hwy SW Vashon, WA 98070 (206) 463 – 1850  
5610 Kitsap Way Suite 260 Bremerton, WA 98312 (360) 478 - 2100