

SHEPPARD CHIROPRACTIC

I Have A Congenital What?

I have a Congenital what? You have been told through an X-ray that you have a congenital defect in your spine. This is something that is abnormal or defected. Through my research and experience over the last ten years approximately 12% of the population have a congenital defect in their spine. These defects are usually inherited from the parents and grandparents or sometimes occur through a childhood trauma. There are three types of defects that I commonly see in my office.

The first one is called a **Congenital Fusion**. What that means is your body chose to fuse or glue several bones together. This is very similar to a rusted hinge on a door. The door may still open to some degree, but forcing the joint to move would be painful.

The second type is called a **Spondylolisthesis**. In this defect not all the parts of the vertebra are connected properly. This type of fracture is highly unstable and requires continual maintenance and strength and stability in the spine.

The third type of defect involves having additional or **extra vertebra** in the spine. Sometimes in life we are given gifts. This gift is not usually good. Because this extra bone or vertebra results in instability and weakness. This is very similar to having five wheels on a car, it would

be great, if you were only driving your car on a straight road, but not if you were required to lift, stand or bend excess amounts of weight or long periods of time.

So, Dr. Joe, if I have this defect what should I do about it? It is my recommendation that chiropractic adjustments will keep the one above and below the defect area moving and free of nerve pressure. The nervous system controls and coordinates every function of the human body. 90% of the nervous system controls functions and only 10%

controls. Interference or pressure on the nervous system will decrease the ability of the nerves, glands, organs and tissues to work properly. The majority of patients with these defects do not have pain either. Regularly monitoring of the vertebra thru exams and technology to insure that the bone maintains it's health and strength. Proper diet, exercise and stretching will also keep the congenital defect and the spine healthier, flexible and stronger.



*For more information please
contact Sheppard Chiropractic at
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