

The Capital Wellness Health Minute...



“Pinched” Nerves

Being “pinched” hurts, but to pinch a nerve? Uhg! That must feel like a *severe, sharp, intense pain*-and it often does. “Pinched” nerves could happen nearly anywhere in the body and affect nerves that go to your arms, fingers, wrists, neck, head, back, shoulders, legs, muscles and internal organs. “Pinched” nerves can affect your health, posture, vitality, resistance to disease, even your emotional health. “Pinched” nerves can make your life miserable.

Do nerves really get “pinched”? **Actual pinching is quite rare.** What is much more common is what chiropractors call vertebral subluxation complex or subluxations. Other terms for this are nerve impingement, nerve irritation, nerve lesion, spinal stress and meningeal tension. Even though there may be no actual pinching, people like the word because it’s so descriptive. It can really feel like something is being pinched in there. Some health professionals even use it. People at times enter a chiropractor’s office saying their MD, osteopath, massage therapist or other healer referred them because they had a “pinched” nerve and should see a chiropractor to get it “unpinched”.



Your nerves connect you the world. Without them you could not see, hear, touch, taste or smell or feel hot, cold, pleasure or pain. Your body would be the ultimate sensory deprivation tank; no messages could come in-and no messages could go out; without nerves no muscles could move; you’d be a within yourself.

What can cause a subluxation? Glad you asked! Nearly any kind of stress can cause a subluxation; a fall or an accident, even a very mild one that happened **years** ago; a bad sleeping position; poor posture; fatigue; dental work; a difficult birth; emotional stress; poor nutrition or a combination of stresses. The good news is that **Chiropractors’ treat subluxations!!!** With specific adjustments to the joint in question a “pinched” nerve does not need to affect your life negatively for very long. Get into chiropractic today. **HAPPY THANKSGIVING!!!**

Source: koren publications

In good health,

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