

FACTS ABOUT THE SPINE

HEALTH ISSUES #60

THE SPINAL CORD IS PART OF THE CENTRAL NERVOUS SYSTEM

The spine contains over 100 joints, 220 individual ligaments, and more than 120 muscles. The spinal cord is the main source of communication between the body and the brain. The spine serves three crucial functions: supporting the body's weight, providing flexibility for movement, and protecting the spinal cord, nerve roots and fibers.

NERVE INFORMATION SUPERHIGHWAY

The spinal cord is not one unified cord, actually, but a bundle of nerves sending and receiving a vast amount of signals from all over the body. It starts at the base of your brain, runs down the backbone, and terminates between your first and second lumbar vertebrae, in the low back. The spinal cord is a central hub of nerve signals.

IT FUNCTIONS INDEPENDENTLY OF THE BRAIN

The spinal cord does not take all commands from the brain. It is able to send signals directly when necessary. The spinal cord is able to process and control complex functions that were previously thought to be controlled by the cerebral cortex in the brain.

268 MILE PER HOUR

Speed (in miles per hour) at which signals travel along an alpha motor neuron in the spinal cord, the fastest such transmission in the human body.

IT'S SMALLER THAN YOU THINK

Given the importance of the spinal cord function, you might assume its very thick but the average diameter ranges from 6.4-13 millimeters.

SPINAL NERVE INTERFERENCE

Because the vertebra of the spine are movable, they are also susceptible to various stresses and forces that they cannot adapt to. When this occurs, rather than protecting the nerve pathways they can cause interference to the overall functioning and communication of the nervous system.

CHIROPRACTIC HEALTH CARE

Doctors of Chiropractic detect and correct spinal nerve interference by physically adjusting the spine. This restores the nervous system to an optimum level of function, which maximizes the body's inherent healing potential. Chiropractic adjustments restore normal nerve function; improve spinal biomechanics, range of motion, reflex arcs, and posture, all of which are essential to a properly functioning nervous system.

