



# *Is Arthritis and Other Degenerative Changes from Aging?*



Wellness First Chiropractic

*Surprisingly... No. Aging and Arthritis do not go hand in hand like most are lead to believe.*

The cause of arthritis is actually pretty simple. Arthritis occurs with lack of motion! The less motion within a joint, the more likely arthritis will set in.

When a vertebrae misaligns, it usually causes a great deal of joint dysfunction. The joint will not flex, rotate, or bend like it is designed to do.

At the same time the vertebrae misaligns, the associated tendons, ligaments, and muscles will often be damaged and joint stability will be lost. The body does not like an unstable joint, so it will do everything it can to lock the joint down so it cannot move.

Structural imbalances will also speed up the arthritic process. When the curvature of the neck becomes abnormal, like that of a straight neck, it can cause a person to carry their head in a slightly forward position. When this happens it creates an increase in weight on the affected joints. Degeneration then sets in.



Motion within the joint will actually lubricate the joint. The motion creates a pump like action that continually keeps fluid circulating around the joint. Arthritic changes cannot take place in a joint that has normal motion. Notice arthritis never occurs a the joints of the jaw!

When a vertebral joint becomes dysfunctional, the vertebral disc stops functioning. The discs are made up of mostly water.

If you lose motion in a spinal joint, the “pump” stops working. The disc will literally dry up. Once the disc starts to dehydrate, it starts breaking down. Degeneration and arthritis set in.

The adjustments you receive at Wellness First Chiropractic help restore joint mobility at all levels.

The easy way to remember this is “motion equals lotion.”

## *Points of Interest*

- *Arthritis is NOT caused by aging or “normal” wear and tear.*
- *A joint that has normal motion will not become arthritic.*
- *Structural imbalances can cause structural instability. Structural instability can cause joint dysfunction*
- *Lose the motion of a joint and you lose the natural pump that keeps the joint healthy.*
- *Upper cervical Chiropractic care helps restore joint function.*
- *Motion equals lotion. Motion is vital to joint integrity.*