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ASK THE CHIROPRACTOR

Structure is function and function is structure

Question: I find that when I am sick my body doesn't feel balanced and that after being bent over at work all day it makes me feel ill. Is there a relationship between my posture and my illness?

Answer: We have a saying in chiropractic that goes like this: "Structure is function and function is structure." For every action by the body there is a direct reaction by the nervous system. For every change to the nervous system there is a direct effect to whatever body tissue that area of the nervous system enervates. An example of this would be a typical computer tech that is inputting data all day while seated. The tech's low back is receiving an over abundance of neurological input to right itself under all this continuous compressive force. In response to this pressure the nervous system must send constant signals to the buttock muscles to stay tight and contracted to keep the body erect to perform its function. Unfortunately, when the buttock muscles stay too tight for too long they can squeeze the nerve traveling underneath them called the sciatic nerve. When this happens the person will experience pain or dysfunction. In general, a postural irritation of sitting all day can lead to a functional irritation of pain.

The principals of the body follow the principals of natural law. An engineering principal called the piezoelectric effect states that a mass will remodel itself to the pressure put on it. When a wood beam is being placed in a

weight bearing position supporting a house and the beam is receiving an uneven amount of weight bearing from on one end, it will bow or warp in response to that excessive weight. This same principal is applicable to the human frame and body. Imbalances from the structure including head tilt, shoulder height, spinal balance, hip, knee or ankle distortions redistribute weight bearing unevenly and eventually will create dysfunction.

The best way to avoid developmental structural conditions is to use prevention. Have your postural balance checked by a chiropractor now so that you don't develop more functional problems later.

Quote of the week: "If you don't understand yourself you don't understand anybody else." - Nikki Giovanni