

# What Causes Subluxation?

Have you or someone you know ever:

Fallen of a swing • Slid into first base • Been in a car accident • Fallen off a bike • Played football • Wrestled • Slept in the wrong position • Maintained sustained postures for a long period of time • Lifted improperly • Sat at a computer with your head in a forward posture • Studied in college for hours at a time with your head down • Noticed a short leg • Carried a backpack • Slouched • Done gymnastics • Gotten in a fight • Fallen out of a tree • Slept on a plane • Played golf • Jumped off a swing • Gotten hit in dodge ball • Been pregnant • Worked a desk job • Fallen while learning how to walk • Worked construction • Lifted weights • Done aerobics • Gotten spanked • Thrown your back out • Driven across the country • Wiped out surfing • Ran a marathon • Carried a baby • Vacuumed • Slipped on the ice • Skydived • Had a concussion or other head injury • Broken an arm or leg • Been stressed • Delivered a baby • Been shopping • Had a low shoulder • Worked as a cashier • Been to the dentist • or just plain been under the influence of gravity?

...and this is just a partial list! If you have or someone you know has a spine, and has had one of these things happen,

then you could have subluxation. Schedule a Chiropractic  
checkup for you and your loved ones today!