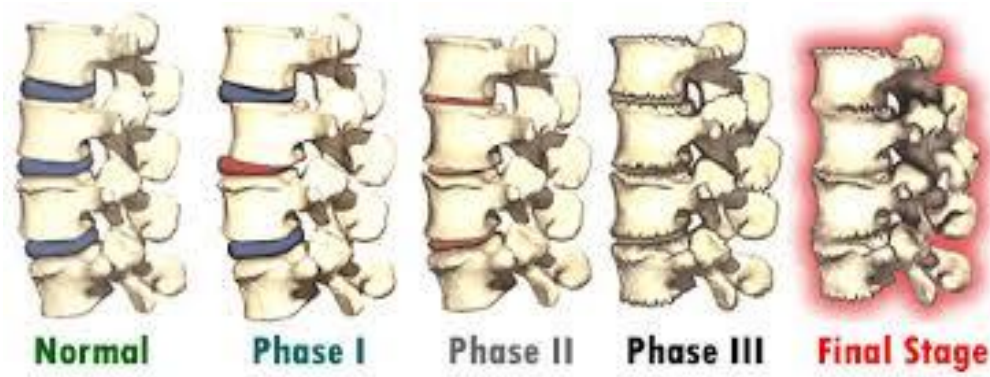


# TOPIC OF THE MONTH

## IMMOBILISATION DEGENERATION



Also known as wear and tear, immobilisation deterioration is a series of changes that happen in a joint that is not moving correctly. When a joint becomes stiff and loses its normal degree of movement, the altered movement pattern causes stress which creates damage to the cells in the cartilage, joint capsule and ligaments. It is a similar process to the way that skin, if it is repeatedly irritated first becomes inflamed but later thickens.

The main causes that provoke a lack of mobility of a joint are related to single physical traumas (macrotraumatic forces), chronic repetitive strain (microtraumatic forces) and overload of the joints. In such cases the additional stresses on tissues often cause pain and dysfunction.

Joints that are tight have more degenerative changes than those that are not fixed and the degree of degeneration is directly dependent on the amount of time it has been fixed.

To maintain the musculoskeletal system in good health there must be weight bearing, movement and exercise.



Because the spine has many joints, it is very difficult to feel when one of the vertebrae is not moving correctly. The only way to prevent such condition developing is by getting an expert examination that focuses on the detection of immobile or fixed segments in the spine. This is the job of the Chiropractor.



If would like any further information, please ask Dr Alberto or Dr Antoni.