A is for...

Add/bduction

Adduction refers to moving a body part towards the midline while Abduction refers to moving away from midline (except for the fingers and toes).

MADE TO move

B is for...

Bursa

Closed fluid filled sacs or envelops of tissue that help to lubricate gliding structures (ie. a tendon moving over a bump on a bone).

C is for...

Cavitation

A cavitation is the clinical term used to describe the “pop” sound during an adjustment. This occurs due to a decrease in pressure (from increasing the volume) in the joint space, gasses in the synovial fluid are released, forming a bubble.

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D is for...

Degeneration

Degeneration refers to a breakdown of articular cartilage (the cartilage that covers the ends of bones). If there is more degeneration than regeneration this can lead to thinning, cracking, and cartilage becoming fragile (aka Osteoarthritis).

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E is for...

Eccentric

A type of muscle contraction where the muscle and tendon are getting longer over the duration of the contraction.

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F is for...

Fascia

Tissue that wraps, packs, and insulates structures in the body (muscles, organs, etc). Different types include superficial (just under the skin), deep (dense and covers most of the body), and investing (surrounding nerves/arteries/veins).

G is for...

Growth Plate

In most bones, the growth plate (aka the cartilaginous epiphysial plate) is the location between primary and secondary growth centres. This area eventually fuses, but at different times during development (varies bone-to-bone and across sexes).

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H is for...

Hypermobile

Capability of a joint to move beyond the normal limits. Joint hypermobility is a descriptor not a diagnosis. Hypermobility is also described as joint laxity or ‘double-jointedness’. This is often measured with a goniometer and by using the Beighton score.

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I is for...

Inflammation

Described by Celsus (1400's) using 5 phenomena (swelling, redness, heat, pain, loss of function), inflammation is currently described as a defensive action where vascular tissue becomes leaky due to injury with certain cells racing to the site of injury. Can be caused by mechanical pressure from blunt trauma, foreign bodies, vibrations, and/or chronic low intensity pressure .

MADE TO move

J is for...

Joint

The junction between two or more bones or rigid parts of the skeleton. Some joints have no movement, and some have movement in several or all axes.

K is for...

Kyphosis

Refers to naturally forming curve of the spine in the frontward (anterior) direction. Both the thoracic spine and the sacrum have a normal kyphosis curvature (or kyphosis). Only when this is increased do we describe it as ‘hyperkyphotic’.

MADE TO move

L is for...

Ligament

An accessory ligament is connective tissue which reinforces a synovial joint (bone-to-bone connection).

MADE TO move

M is for...

Myocite

A myocite is a muscle cell (also referred to as muscle fibre) which are specialized contractile cells. There are 3 types; skeletal, cardiac, and smooth. Skeletal myocites usually span across joints and attaches to a bone via a tendon.

MADE TO move

N is for...

Neuron

A neuron is nerve cell, which is the structural and functional unit of the nervous system. A neuron is comprised of the cell body, dendrites, and an axon. Using electrical impulses propagated from ion movement, nerve cells relay information such as sensation and movement!

O is for...

Osteocyte

An osteocyte is essentially a bone cell. These cells help control both osteoblasts (cells that build up bone tissue) and osteoclasts (cells that breakdown bone tissue).

MADE TO move

P is for...

Periosteum

A tissue covering that surrounds each bone (like a sleeve), except where cartilage (joint covering) occurs. This tissue has a lot of nerves that feel pain when a bone is bruised or broken.

MADE TO move

Q is for...

Quadriped

Referring to four-footed animals, this is a position used in exercise and manual therapy where the knees and hands are in contact with the floor.

MADE TO move

R is for...

Radiculopathy

Radiculopathy or radicular pain is defined as spinal nerve pain that causes sensation changes (tingling, burning, numbness), muscle weakness, and/or reflexes changes.

S is for...

Synovial

A lubricating fluid found in certain joints secreted by special cells within the joint space (ie. knee joint).

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T is for...

Trigger Point

A trigger point is essentially a muscle knot! These areas of contracted muscle tissue can radiate pain, often in predictable patterns. Tigger points are often treated with soft tissue therapy, acupuncture, laser therapy, and even adjustments!

MADE TO move

U is for...

Ultrasound

A diagnostic imaging and therapeutic modality. Therapeutically, ultrasound deposits energy into tissue for the purpose of inducing a biological effect to promote healing
(often heat/tissue warming).

MADE TO move

V is for...

Vertebrae

Small bones which make up the spine.

The 7 cervical, 12 thoracic, 5 lumbar, 5 sacral (fused), and 4 coccygeal (fused) allow flexibility throughout the entire vertebral column.

W is for...

Wolff's Law

The functional adaptation of a bone to mechanical load (basically the more we demand of a bone, within reason, the more it essentially 'strengthens'.

MADE TO move

X is for...

X-Ray

Often referred to as an ‘x-ray’, a radiograph is an image of the body (good for checking potential bone issues) produced by using radiation. Chiropractors study radiology and radiography for 4 years, allowing them to prescribe, take, and read radiographs.

MADE TO move

Y is for...

Yellow Flag

A yellow flag is a pain-associated psychological stress. These can include depressive symptoms, anxiety, anger, fear avoidance, kinesiophobia, catastrophizing, self-efficacy, and pain acceptance. These flags help healthcare practitioners modify patient education, treatment plan, and prognosis.

MADE TO move

Z is for...

Zygoaphosyseal

Small joints that connect vertebrae and allow movement of the spine! These are very commonly adjusted in the spine by your chiropracto, producing many benefits such as pain relief and increased range of motion and function!