



**WEBER CHIROPRACTIC OFFICE, S.C.**  
*Providing Choices in Complimentary Health Care*  
Gentle Chiropractic Therapy – Acupuncture – Rehabilitation –  
Low Level Laser – Nutrition – Medical Weight Loss



## **Structural Pathology & Functional Pathology**

Have you ever wondered why some people at any age seem to have a lot of back problems and others have very few? Some with problems have MRI studies that don't really show anything **structurally** wrong. On the other hand, I have read studies that show MRIs on 60 year old people with **no lower back or leg pain**, reveal 75% of them have herniated or bulging discs in their lower backs. What causes pain in one person and not in the other?

**Structural pathology** is the disc degeneration, disc bulging or disc herniation that we see on X-rays or MRIs. It can also include more serious disease processes such as cancer. Most conditions of the disc are the result of the normal aging process. An example on this normal aging process is my observation of the skeleton of the Tyrannosaurus Rex at the Field Museum in Chicago. With her large, heavy tail and large head putting stresses on her spine, degenerative changes were seen in her mid-spine a few million years ago.

**Functional pathology** is the lack of supportive and balanced influences by the muscles around the spine and abnormal postures we assume putting stresses on the spine. It can also originate with restricted foot, knee, hip, shoulder, elbow and hand movements. Loss of disc height between the vertebra also causes pressure on the joints of the spine and ultimately some arthritic changes and restricted mobility, which of itself, causes pain.

**When examining and treating patients with lower back pain, all of these factors are considered.** What underlying structural pathology might be occurring? How is restricted joint motion in many different areas affecting the mobility of joints? What muscle imbalances might be affecting patterns of motion across joints? Treatment consists of restoring joint mobility with gentle manipulation utilizing the Activator and Impulse instruments for precision and control. Cox decompression manipulation helps to further restore disc and spinal joint movement. Exercises may be prescribed to get muscle balance and strength back to normal and tight muscles are stretched and released allowing more normal joint motion.

A case example of how this works is the 68 year old, male patient who presented this spring with lower back pain and progressing limitation of movement and ability to do any yard work. His MRI report stated he had advanced degenerative changes at every level of his lumbar spine. In fact, instead of disc tissue between his vertebra, there were pockets of gas. Through gentle manipulation, Cox decompression and advice on how to bend and lift to put less stress on his lower back, this patient got 80% better in his **function**. His disc condition is the same but just working better. He even drove to Ohio and back with little pain.

**Congratulations** to the winners of the dining packages from our anniversary month. They were Shirley Dunbar, Kent Renier, Doris Phillips and Margaret Welter. Enjoy!!

**Ideal Protein Weight Loss and Health Rejuvenation Program** participants have now lost over **1,000 pounds** since February. The exciting part for me is seeing patients' blood work coming back to normal and not having to be controlled with medications.

***Again, thank you for being our patient!  
We appreciate you and look forward to serving you.***

*David J. Weber, D.C., D.A.B.C.O.*

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