

CHIROPRACTIC & NERVOUS SYSTEM



A SIMPLE GUIDE TO
NEUROMUSCULOSKELETAL HEALTH



Hey You,

Taking charge of your health is a powerful choice—one that can transform not just how you feel today, but how you move, work, and live for years to come. Whether you're here out of curiosity, searching for answers, or simply wanting to understand your body better, I'm grateful you've chosen to explore chiropractic care with us.

This ebook is for you—whether you're dealing with nagging pain, trying to improve your posture, or just wanting to learn how your body's communication system really works. Our goal is to demystify what chiropractic is, explain how your joints, muscles, and nervous system are all connected, and show you how small changes can have a big impact on your daily life.

Inside, you'll find science-backed explanations, practical advice, and a fresh perspective on how to keep your body resilient—no matter what life throws your way. We're excited to guide you through the essentials of neuromusculoskeletal health, so you can make informed decisions and feel empowered on your journey.

Let's dive in and discover how chiropractic care can help you move, feel, and live better—starting today.



Dr. Veronica Gobeil, D.C.

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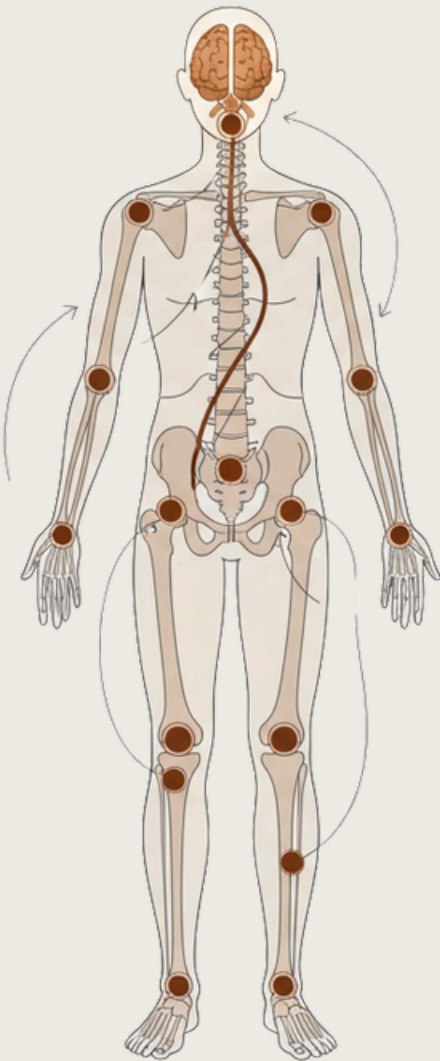
WE WANT TO HELP!

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YOUR BODY AS A COMMUNICATION SYSTEM

Your body is not just bones and muscles stacked on top of each other.
It's a living communication system.

AT THE CENTER OF YOUR SYSTEM IS YOUR



- **Nervous system** – brain, spinal cord, and nerves
- **Musculoskeletal system** – joints, muscles, ligaments, tendons

Every second, sensors in your joints and muscles send information to your brain about:

- Where you are in space
- How you're moving
- How much load you're carrying
- Whether something feels safe or threatening

Your brain constantly processes this information and decides:

- Which muscles to activate
- How much tension to create
- How to protect you (or let you move freely)

Pain, stiffness, and **poor posture** are often signals that this communication system is under strain.

WHAT IS CHIROPRACTIC?

Chiropractic is frequently referred to throughout this Ebook. It's important to define what we are talking about.

To start, the word **CHIROPRACTIC** comes from the Greek *kheir*, meaning “hands” and *praktikos*, meaning “to do” or “to exercise” and literally means “done by hand”. So, instead of prescribing drugs or performing surgeries, chiropractors use manual treatments of the spine and joints, muscle therapy, trigger point therapy, exercises and lifestyle changes to allow the body's natural state of health to fully express itself.

Chiropractic is a holistic medicine encompassing science, art (in the form of techniques applied), and a philosophy that fosters natural function and potential.¹

It has confidence in the inherent abilities of body recovery, embracing a vitalistic perspective that aligns with concepts emerging from quantum physics and mechanics. It aims to reach the body's full healing potential by freeing it from interference with the nervous system; interferences we called “**Vertebral Subluxation Complex**”.²

This perspective is increasingly supported by contemporary scientific thought. Chiropractic stands firmly on a foundation of well-established scientific principles, with leading healthcare experts worldwide actively engaged in ongoing chiropractic research.³

Chiropractors are health professionals who focus on **neuromusculoskeletal conditions** – problems involving your nerves, joints, and muscles.



JOINT DYSFUNCTION AND/OR

VERTEBRAL SUBLUXATION COMPLEX

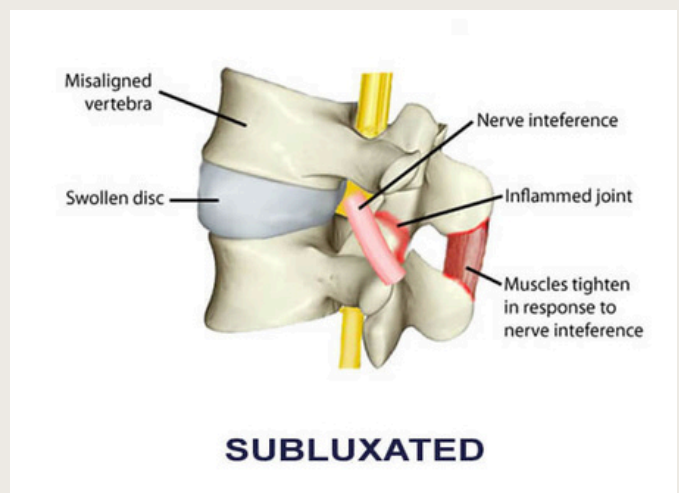
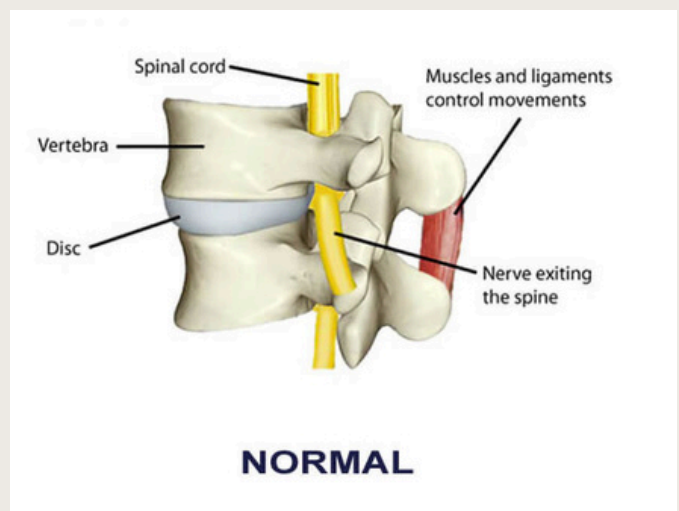


In traditional chiropractic language, you may see the term “**Vertebral Subluxation Complex.**” Historically, this described a situation where one or more vertebrae were thought to be misaligned, altering joint motion and irritating nerves.

In a *modern, science-aligned context*, we focus more on **joint dysfunction** and **its effect on the nervous system**, rather than on fixed “~~bone out of place~~” ideas.

When a spinal joint (or any joint) isn’t moving or functioning well, you can see:

1. **ALTERED JOINT MOTION** – stiffness, restriction, or poor control
2. **CHANGES IN SURROUNDING TISSUES** – muscle guarding, tension, or local irritation
3. **ALTERED SENSORY INPUT** – the information coming from that region to your brain is no longer “normal”





Your spine and joints are **full of sensors** that constantly send information to your brain about position, movement, and load.

~~When joint function is compromised,~~ the **quality of that information can change**, which may influence:

- How your brain interprets signals from that area
- How your brain controls muscles and movement around it
- How efficiently your body can adapt to daily stressors

Over time, if this pattern is left unaddressed, it can contribute to:

- Pain and stiffness
- Postural changes
- Reduced ability to tolerate physical or emotional stress
- A general decline in how well your neuromusculoskeletal system functions

These changes don't usually happen overnight.

CAUSES OF JOINT DYSFUNCTION

ONE

Physical

Physical stress is a major contributor to joint dysfunction ("subluxation"). Physical causes include birth-related forces, accidents, repetitive movements, poor posture, sports, and inactivity—all of which can disrupt joint motion and irritate tissues, sometimes long before pain appears.

TWO

Chemical

Chemical stress like fast food, air pollution, bacteria overgrowth, underlying infection, mold, heavy metal intoxication, bad sleep (and more) can affect the biochemical reactions in your body and disrupt the homeostatic states; resulting in an altered nervous system and subluxations!

THREE

Emotionnal

Emotional stress from daily life, work, or relationships triggers real body changes. When we live in a chronically stressful environment, our body undergoes significant physiological change, including increased blood pressure, heart rate and blood glucose. When these changes are sustained over a period of time, we tax our body's adaptability and physiological breakdown inevitably results.

There is so much more than "**cracking back**" to chiropractic; and that's what we love about it.

Chiropractors are trained to detect these joint dysfunctions (subluxations) and identifies nerve interference through a comprehensive evaluation of your overall health and body. In fact, chiropractors are the only health professionals trained in the detection, location, and correction of spine misalignment through chiropractic care. They can assess, evaluate, diagnose and treat every conditions involving the integrity of the nervous and musculoskeletal systems.

Chiropractors can use different tools to correct the nerve interferences, improve your alignment and get rid of your pain. The most popular being the *famous **chiropractic adjustment***.

The chiropractic adjustment is a quick thrust applied to a vertebra for the purpose of correcting its position, movement or both. **Adjustments are often accompanied by an audible release of gas that sounds like a 'CRACK.'** The sound sometimes shocks people a little bit the first couple times they get adjusted, but the sensation is usually relieving. There are times when the audible 'cracking' does not occur. This is often due to either significant muscle tightness or that the patient may be having a hard time relaxing during their adjustments. **We do not need the 'crack' to see improvement.** We are looking for a regulation response coming from your nervous system.

If you are not comfortable and familiar with chiropractic adjustment, NO WORRY! We have plenty of other tools in our box! Also, please note that the techniques used during your treatment will be adapted through your pregnancy and the changes of your body. For instance, our chiropractors are well-trained with the Webster Technique which is a technique specific to pregnancy and post-partum using gentle manipulations of your body.



WHAT IS THE CRACK SOUND?



MEDISPINE'S DIFFERENCE

At Medispine, we see chiropractic as the entry door to your wellness. As mentioned previously, behind every joint dysfunction relies a deeper cause (physical, chemical, psychological). We will dig deeper to find out why you are experiencing discomfort, pain, stiffness or a lack of movement. **Your pain is just a message**; a message telling you that there is something wrong. Once the cause is identified, a comprehensive treatment plan including adjustments, manual therapy, alternative therapy, exercises, lifestyle or dietary changes will be proposed to you to assure a healthy and optimal healing process... and life!

WE ARE DOCTORS!

So, nowadays, what is the education of your chiropractor?

In Canada, **there are two (2) options that are offered for students who want to study chiropractic.** There is the Canadian Memorial Chiropractic College in Toronto or Université du Québec à Trois-Rivières in Quebec.

Your Medispine's chiropractor studied in Quebec.

This program is a 5-year doctorate program in chiropractic, including 4969 hours of course work.⁸

The courses, which totalize 245 credits, cover a range of subjects that include:⁸

Anatomy	Embryology
Physiology	Radiology
Neurology	Immunology
Diagnostic procedures	Microbiology
Differential diagnosis	And more.
Biochemistry	
Pathology	
Nutrition	
Chiropractic principles and techniques	
Chiropractic professional practice	

After earning a Doctor of Chiropractic degree, candidates must also successfully complete the Canadian Chiropractic Examining Board (CCEB) national exams and the New-Brunswick Chiropractor Association (NBCA) legislation and ethics exam.



& NOW

HOW CHIRO CAN HELP



Chiropractic care can be helpful for some people with neuromusculoskeletal conditions such as:

- **Low back pain and neck pain**
- Some **headaches** related to the neck and muscles
- Mid-back and rib discomfort
- Some hip, shoulder, knee, or ankle issues related to joint and soft-tissue mechanics
- Postural strain from prolonged sitting, screens, or repetitive tasks
- Sports-related neuromusculoskeletal problems

Chiropractic is typically a conservative, non-surgical approach, often combined with exercise, education, and lifestyle changes to support your body's natural healing.

However, there are times when chiropractic is not the right first choice—such as in cases of severe, unexplained pain with red-flag symptoms (like fever, weight loss, or night pain), significant trauma (such as a suspected fracture), or certain neurological or systemic conditions.

Part of our role is to *recognize when your needs are outside our scope* and **to refer or co-manage** with other health professionals to ensure you receive the most appropriate care.

*This is why chiropractors assess not only your spine,
but also how the rest of your body is moving and adapting.*

Chiropractic care works best when it's a **partnership**.

You'll get the most benefit when you:

- Are honest about your symptoms, habits, and goals
- Ask questions until you feel you understand what's going on
- Follow through with the exercises, posture changes, or lifestyle tweaks we recommend
- See care as a process, not just a one-time "fix"

Think of it like training:

- The adjustment is a **stimulus** for your joints and nervous system.
- Your daily habits, movement, and posture are what **reinforce** that change (or undo it).

Our role is to guide, treat, and educate.

Your role is to *listen to your body* and actively participate.

GET MOST OF YOUR CARE





MEET YOUR DOCTORS

Dr Gobeil

Hey, I'm Dr. Veronica Gobeil, chiropractor, posture expert, and founder of Medispine. Originally from Saguenay, QC, I'm passionate about natural health and helping people overcome pain, improve posture, and build healthier habits.

Whether you're seeking clarity on your diagnosis, want science-backed advice for your prognosis, or need a partner in upgrading your posture and daily movement, I'm here to bring you the most up-to-date, practical recommendations—rooted in both personal experience and clinical expertise.

Dr Power

Hey, I'm Dr. Power, chiropractor at Medispine and a St. Stephen native. With a background in kinesiology and a Doctor of Chiropractic degree, I'm passionate about helping people achieve lasting results by addressing the root cause of pain.

My approach is evidence-informed and tailored to your needs—whether it's TMJ issues, headaches, back or neck pain, posture, or spinal stenosis. I combine adjustments, soft tissue work, education, exercise, and acupuncture to get you moving and feeling your best.





MEET YOUR DOCTORS

Dr Landry

Hey, I'm Dr. Kamyille Landry, chiropractor and perinatal & pediatric care specialist. Originally from the Acadian Peninsula, I'm passionate about gentle, evidence-based chiropractic care and supporting women through every stage of pregnancy and postpartum recovery.

Whether you're looking for clarity on how chiropractic supports your nervous system during pregnancy or need science-backed guidance for a healthier, more comfortable journey — I'm here to bring you practical, up-to-date recommendations rooted in clinical expertise.

Dr Collette

Native of Fredericton, NB, Dr. Émilie Collette, DC is passionate about natural health, posture, functional movement and lifestyle habits. She is a chiropractor at Medispine with a special interest in family chiropractic care, pediatric care and neuromusculoskeletal health.

She has spent a big part of her academic and clinical journey helping her patients overcome pain, improve persistent symptoms, move better and feel more confident in their health, while providing them with up to date, evidence-informed recommendations adapted to their condition, goals and lifestyle.



YOUR NEXT STEPS

This guide is meant to help you understand what we're doing and why. If something here sparked a question, bring it to your next visit or reply to one of our emails.



If someone you care about is struggling with pain, stiffness, or posture issues, you're welcome to share this guide with them. Sometimes, understanding what's going on in their body is the first step toward getting help.

[BOOK NOW!](#)

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