



An estimated 80% of the population will experience lower back pain. It is one of the leading causes of missed work, and it costs the United States an estimated \$25 billion annually.

Can Upper Cervical Spinal Care help?

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LOW BACK PAIN



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LOW BACK PAIN, ARTHRITIS & DISC DEGENERATION

The spine, an incredible arrangement of bones, discs, ligaments, tendons, muscles and nerves, is designed to be strong, protective and flexible. Most people take what the spine does naturally for granted - until something goes wrong. An estimated 80% of the population will experience lower back pain. It is one of the leading causes of missed work, and it costs the United States an estimated \$25 billion annually.

COMMON TREATMENTS FOR LOW BACK PAIN

Standard treatment for lower back pain in the medical community includes rest, over-the-counter or prescription painkillers, muscle relaxants, physical therapy, spinal injections, and surgery. However, a five-year study conducted by the United States Agency for Health Care Policy Research (AHCPR) found little evidence that these treatments are effective for acute back pain. This study also found that only 1% of the patients who underwent surgery for back pain benefited from the surgery. As part of the "first-line" treatment, the AHCPR panel recommends spinal adjustments and exercise.

FAILED BACK SURGERY SYNDROME

Dr. Peter Ullrich, a spinal surgeon with the NeuroSpine Center of Wisconsin, states that a common reason for failed back surgery is a condition called "transfer injuries." These injuries occur when the areas above and below the location of the surgery begin to degenerate due to excessive stress and strain from spinal fusion.

LOW BACK PAIN & TRAUMA

While some pain sufferers recall specific injuries that caused their lower back pain, the majority do not. Some state that one day they just woke up in pain. Some say that they felt the onset of back pain when they coughed or sneezed, while others recall they were involved in an everyday activity like putting on shoes or taking a shower when they experienced terrible back pain. Movements like these should not

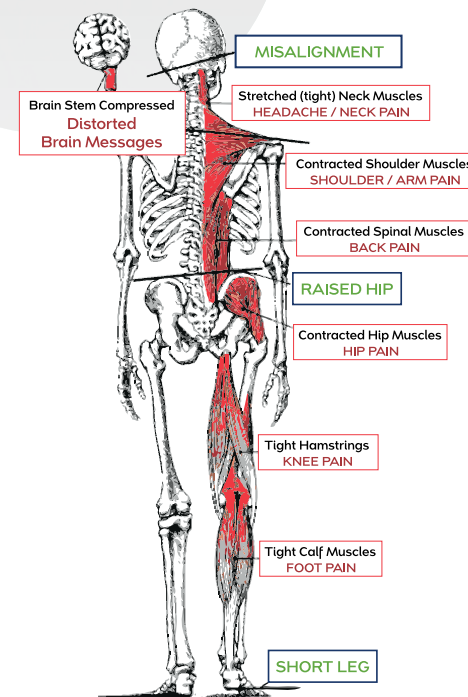
injure a healthy back. When they do, it can be the first indication of a chronic, underlying weakness due to spinal imbalance.

CAN UPPER CERVICAL SPINAL CARE HELP WITH YOUR LOWER BACK PAIN?

For years, Upper Cervical chiropractors have been helping patients with low back pain. Most sufferers experience a phenomenal improvement in both the severity and frequency of their low back pain with Upper Cervical Spinal Care.

UPPER CERVICAL SPINAL CARE; A SIMPLE CONCEPT

Upper Cervical care is based on the universal law of cause and effect. For every effect or symptom, physical or mental, there must be a root cause. At Healthy Living Spinal Care, we focus on locating and removing interference to the nervous system that can be the cause of the health condition. Removing this interference allows the body to heal itself naturally without drugs or surgery. An Upper Cervical correction is very controlled; there is no pulling, tugging, or jerking of the head. This precise yet gentle touch allows the head, neck, and spine to return to the proper position, thus removing the interference and restoring balance to the body.



When the head (10-14 lbs.) is shifted off the center of the top of the neck, the rest of the body will compensate for the shift of weight. The spine and pelvis will twist causing one shoulder to drop down, one hip to be pulled up, bringing the leg with it to create body imbalance.

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UPPER CERVICAL SPINAL CARE & LOW BACK PAIN

Many treatments focus on the lower back when the actual cause of the problem may be in the upper spine. The upper neck can be a factor in the development of lower back pain for two reasons. First, the spine works and moves as one, continuous unit. The top two vertebrae, called the atlas and axis, are the most mobile segments in the spine. These two bones move in six different directions, allowing the head to move up or down, bend side to side, or turn left to right. The other vertebrae move primarily in two directions, making them stronger and more stable than the top two vertebrae.

Secondly, the Upper Cervical spine (neck) has thousands of "sensors" responsible for maintaining proper posture, the alignment of the spine, and the balance and stability of the head. These sensors are constantly monitoring the head position, making necessary changes throughout the lower spine to assure that the head remains upright.

When the spine is aligned, it is extremely strong and stable. However, due to their mobility, the top two segments are especially vulnerable to injury or misalignment. When a misalignment occurs at the top of the neck, the spine compensates or adapts in an attempt to protect the vital nervous system it houses. This triggers a chain reaction from the top to the bottom of the spine. When the head is thrown off balance, the lower spine is compromised; the pelvis is tilted, and one leg may be drawn up or shortened, resulting in an imbalanced and weak spine (see illustration). This chain reaction makes the spinal muscles, bones, and discs more vulnerable to injury - an accident waiting to happen. If neglected, an Upper Cervical spinal misalignment can lead to premature arthritis and irreversible spinal degeneration.