

How Can A Neck Misalignment Affect the Whole Spine?



Wellness First Chiropractic

How you know a Body Imbalance is happening to you.

Body Imbalance occurs when, C1 (Atlas) and/or C2 (Axis), the top two vertebrae in the neck are misaligned and out of their proper position. This can occur as a result of an accident, emotional trauma, or even chemical toxicity on the body. Childbirth alone can move the atlas out of position because of the massive amounts of pressure on the head and neck of the baby as it passes down the birth canal. Childhood accidents like falling from a tree, bike, or skate board can also cause a misalignment. Of course, when we are adults, the atlas bone can be jolted out of place by things such as car accidents, hard slips and falls, or even sporting accidents. One indication of body imbalance is having one leg slightly shorter than the other. You may also notice that when you stand in front of a mirror that one shoulder is slightly higher than the other, and

one hip is higher than the other. Another indication your atlas may be out of position is by having different symptoms in your body that your medical doctor cannot explain or find the cause of.

Its important to understand that its not actually a short leg that a person has. The leg shortens on one side due to specific muscles that contract in response to nervous system interference. When the atlas misaligns it compresses the brain stem and throws the head off center. The brain wants the eyes to be level, so the body compensates for the head tilt by shifting other areas of the spine. All this shifting takes place with muscles. The muscles tug and pull in an attempt to compensate for the primary neck imbalance. This causes the rest of the spine to become structurally unsound.



Remember, where the head goes the body will follow. Over time the structural imbalances can lead to physical problems.

Another major symptom of body imbalance is degenerative issues. When the entire body is imbalanced due to the compensations of the upper cervical misalignment, many areas of the body can start to degenerate. This includes the feet, ankles, knees, hips, and of course the spine.

Structure is still changing

With Upper Cervical Chiropractic care your body will continue to change at its own pace. This is a good thing. If we crack and pop bones up and down the spine it could ultimately slow down the bodies own ability to structurally change and heal properly. At

Wellness First Chiropractic we strive to get people better with the least amount of adjusting possible. We don't want you to become dependant upon us. Our goal is to eventually see you for maintenance care which would be one visit every 3-6 months. With Upper Cervical

Chiropractic care this is possible. It is important to keep in mind that there may be a time when you feel like nothing is occurring, but remember, your spine is always changing. How you feel may not be an accurate reflection of your health.

Points of Interest

- *The muscles of your body are always trying to correct the structural problems. However, when the bones are stuck, the muscles continue to pull more and more until they are in constant spasm!*
- *It's the muscles of the low back that actually cause the hips to become unlevel. It's easy to understand that if the hip muscles are constantly contracted you will eventually start to feel it in the lower back area.*
- *When the neck is adjusted properly there is an instantaneous response of the leg length inequality. The hips level back out because the muscles once again relax.*
- *The more the adjustments hold, the less strain and stress on the muscles.*