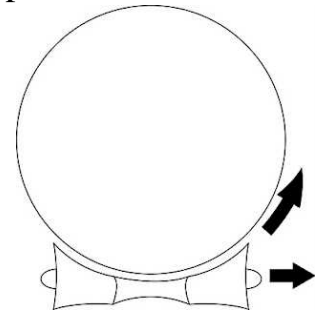


Upper Cervical Chiropractic

Upper Cervical Chiropractors study and work on the top two bones in the neck and their relationship to the skull.

The effects of a correction influence the whole spine and all body systems. This is a procedure that influence one of the highest control centres over body balance, the brain stem and central nervous system.



X-rays

X-rays are a critical part of ensuring the spinal correction is accurate and successful. The doctor will take x-rays from different angles focusing on the atlas. These x-rays determine the direction and degree of spinal misalignment and how to properly restore the spine to normal.

Precise Accurate Adjustments

The upper cervical adjustment depends upon precise mathematical calculations in physics.

HIO

My initial training in upper cervical chiropractic was at Palmer school in 1964. The name of the technique was HIO which means a Hole in One. The adjustment is called Toggle Recoil.



In the spring of 1930, B. J. Palmer proclaimed “the principle of HIO, “You never got a sick person well by anything you ever did below the inferior of the Axis.”

I have personally witnessed near ‘miracle’ responses to upper cervical adjustments.

X-ray and HIO are considered the beginning of upper cervical research.



B.J. PALMER
DEVELOPER OF CHIROPRACTIC

Research Acknowledgement

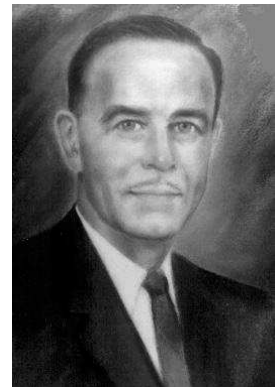
Dr. A. A. Wernsing was a 1926 graduate of the Palmer School of Chiropractic. He practised in Hollywood, California. Dr. Wernsing "credits" the Great Depression with "allowing" him the time to work on his research and refine his x-ray and adjusting techniques. Wernsing's methods for analysing x-rays are essentially the basis of the majority of upper cervical techniques still in use today. Grostic, NUCCA, Pettibon, HIO, are all derived from Wernsing's Atlas Specific Technique.



Grostic Technique

The second course I took in upper cervical was in 1966 and was called Grostic technique. Grostic method is based on the research of Dr. John Grostic.

X-rays are taken; the doctor uses mathematics measurements incorporating geometry and trigonometry to analyse the exact positions of the patient's vertebrae in the neck. Called "listings", exact vectors are determined and utilised to specifically move or restore the vertebrae back into their normal positions by introducing gentle yet precise thrusts.



Pettibon Technique

The third upper cervical technique I studied in the 70 and 80's were on and about the Pettibon Precision Cervical Adjusting Instrument. An adjusting instrument based on the Grostic method and the research and studies of Dr. Burl Pettibon. X-rays are taken; exact vectors are measured and utilised to set the instrument to deliver an exact and precise thrust without human error.

This instrument and method is still used in our clinic today.



NUCCA

The last upper cervical method I studied to a level 2 is called NUCCA, which stands for National Upper Cervical Chiropractic Association. It is an organised group of Chiropractors developed by Dr. Ralph Gregory in 1966 and based primarily upon the work he and Dr. John Grostic performed known as the Grostic Technique.

