

Back And Neck Care Workshop



Beech Chiropractic & Ayurvedic
Health Centers

Dr. G. Douglas Beech

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What This Class Covers

- Brief History of Chiropractic
- What Conditions We Treat
- The Most Common Causes of Neck and Back Pain
- Home Exercises
- Ergonomics
- Sleeping Positions
- Beds and Pillows
- Chiropractic Wellness Care
- Other Services

The History Of Chiropractic

Brief History of Chiropractic

What Conditions We Treat

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Home Exercises

Ergonomics

Sleeping Positions

Beds and Pillows

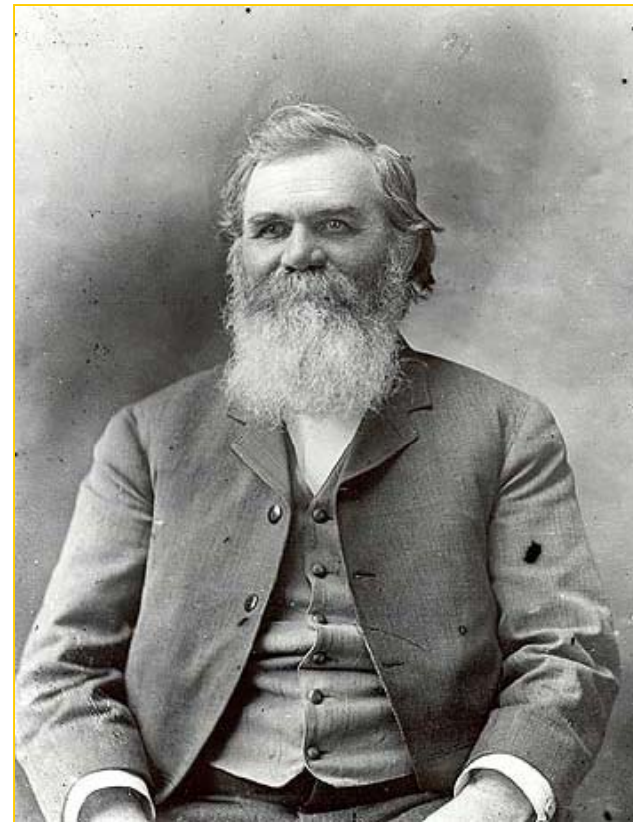
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History of Chiropractic

- Was introduced by Dr. Daniel David Palmer in 1896.
- Dr. Palmer wanted to offer an alternative health care system to Drugs and Surgery.
- Dr. Palmer discovered the relationship between structure and function in the body.



History of Chiropractic continued

- Dr. Palmer recognized that misalignments of the spinal vertebrae could affect the function of the nerve associated with that spinal level.
- In Chiropractic we call this a Subluxation.



History of Chiropractic continued

- Seeing that all aspects of Nature are Intelligent and that the Nervous System manages the Intelligent functioning of our physiology, Dr. Palmer postulated that Subluxations could obstruct the flow of this Innate Intelligence in our body.



History of Chiropractic continued

- Thus Dr. Palmer invented the Chiropractic Adjustment as a method for relieving spinal misalignments and pinched nerves, thus restoring the flow of biological intelligence in the body.



Conditions We Treat

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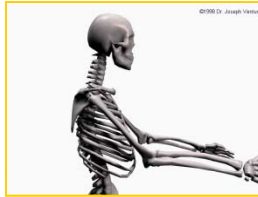
Conditions We Treat

- Chiropractic's holistic approach lends itself as a possible solution to almost any condition.
- In addition, the nature of the Chiropractic adjustment is biomechanical and directed at the joints of the body.
- Therefore, many patients use Chiropractic Care as a natural pain relief method for many common musculoskeletal problems.

Conditions We Treat

■ Acute Pain

Whiplash Injuries
Pinched Nerves
Sciatica
Sprains & Strains
Muscle Spasm
Swelling
Slip and Falls
Weekend Warriors



■ Chronic Pain

Headaches
Back & Neck Pain
Extremity Pain
Carpal Tunnel Syndrome
Numbness
Weakness
Fibromyalgia
Arthritis
Scoliosis
Short Leg Syndrome
Flat Feet

The Most Common Causes of Neck & Back Pain

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Pain Begins With Trauma

Macro Trauma

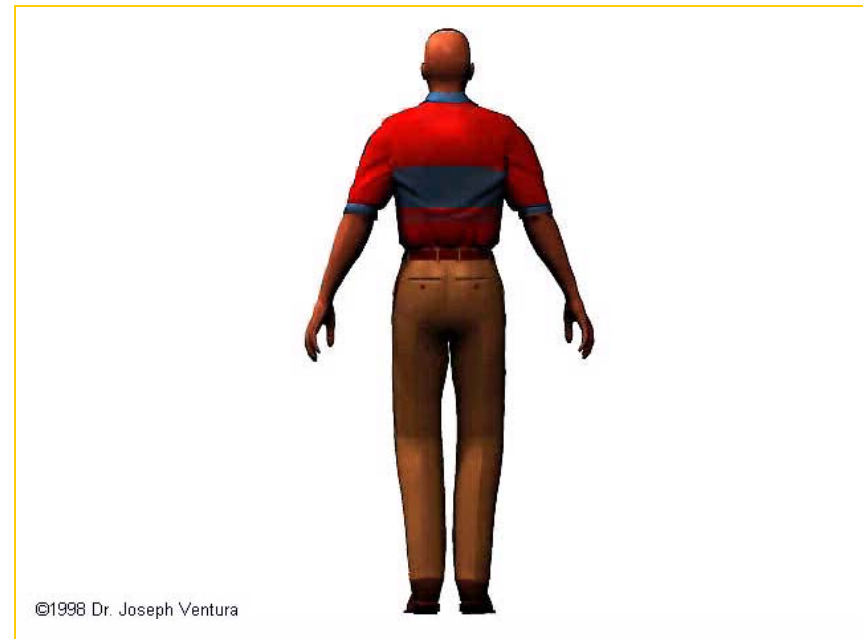
1. Is the result of a sudden incident of a short duration, i.e. a car accident or other injury.
2. Pain and inflammation is of a high intensity.
3. Easy to identify the cause and effect of the pain.

Micro Trauma

1. Is the result of a low level stress of a long duration, i.e. bad posture, flat feet, stress etc.
2. Pain and inflammation comes and goes over a long period of time in varying intensities.
3. Difficult to identify the cause and effect of the pain.

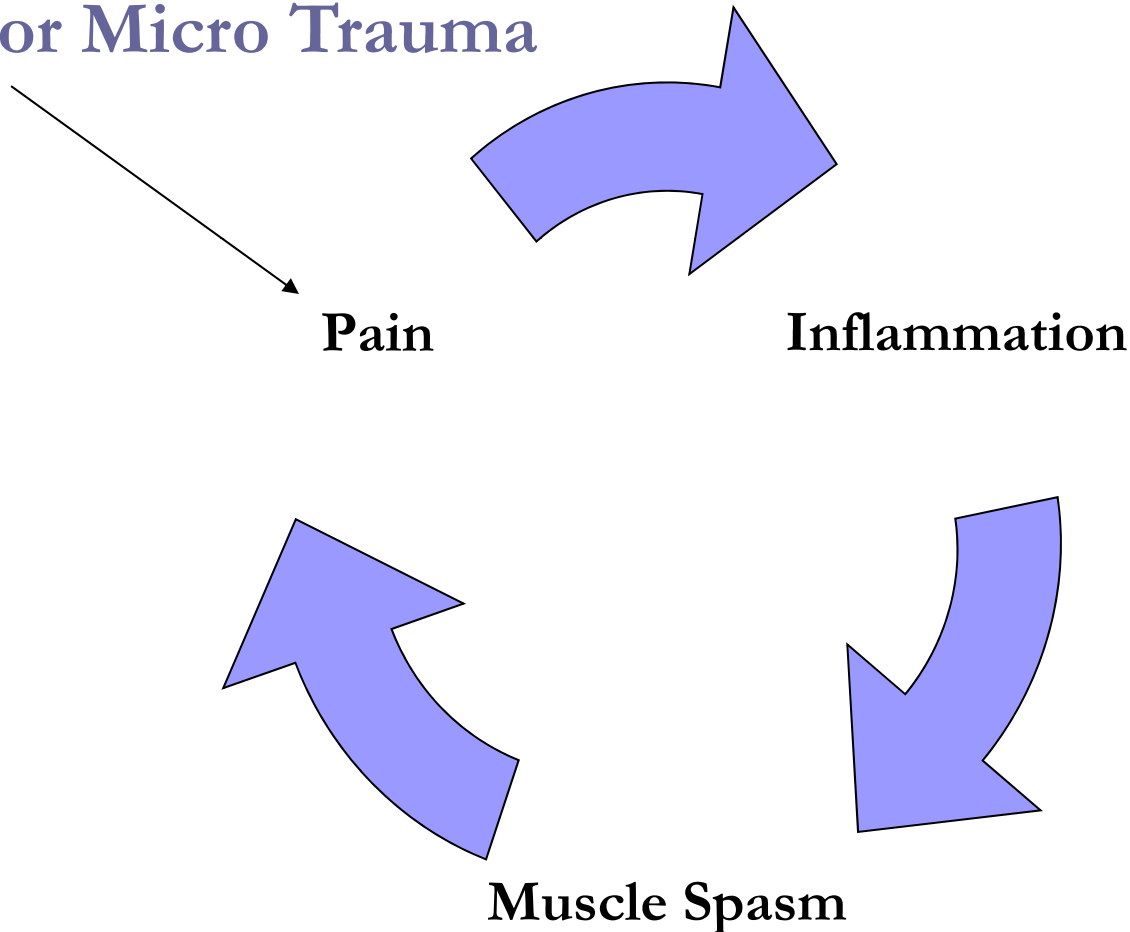
Micro Trauma

- Traumas like bad posture result from years of structural imbalance. This kind of pain isn't always present *and* the pain may not occur in the area of causation. It is not easy to identify the source of this kind of pain. Also, it's intensity may vary from slight to severe depending on stress and other trigger factors.



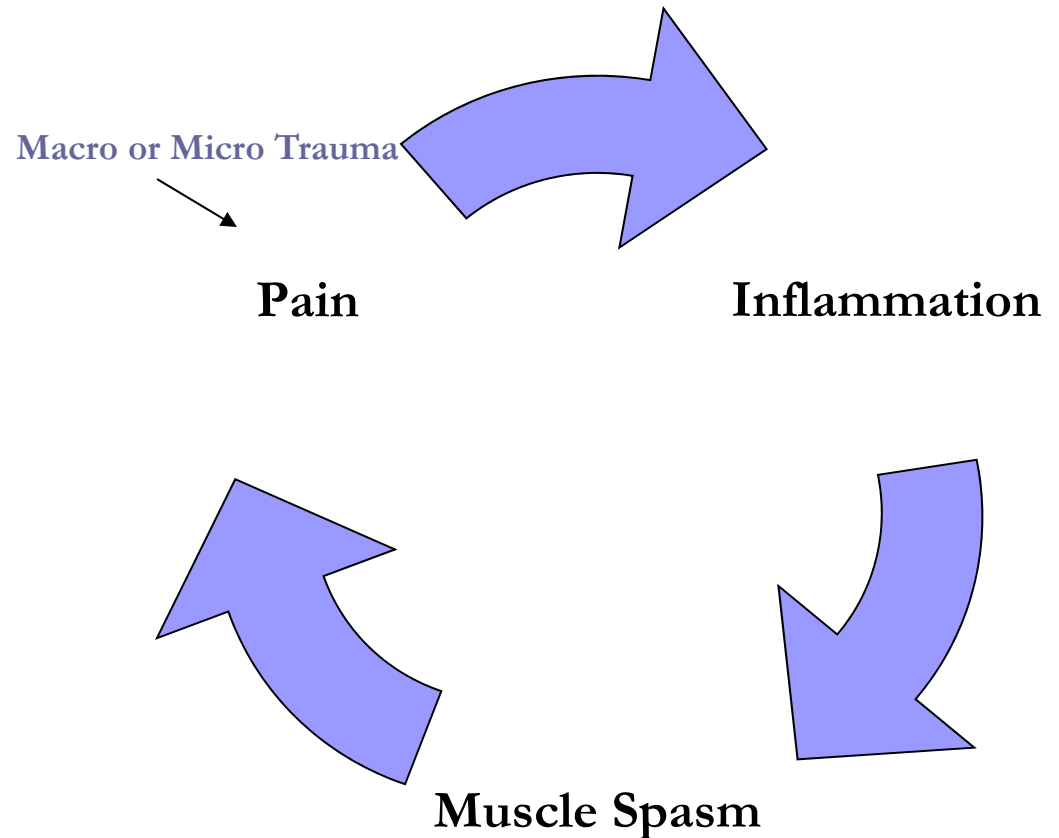
All Traumas Result In The Same Physiological Response

Macro or Micro Trauma

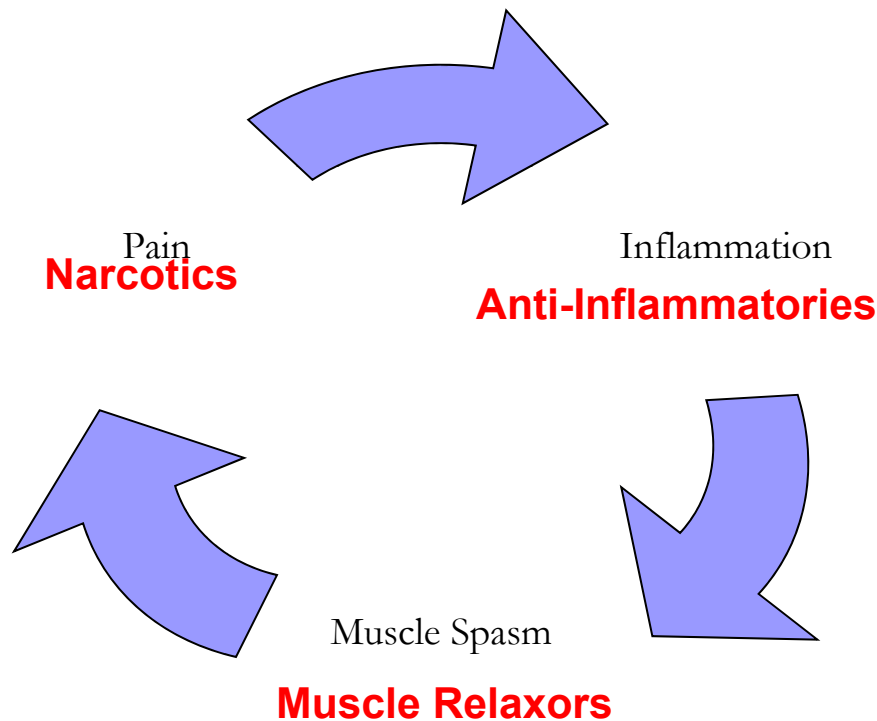


The Pain Spasm Cycle Is An Alarm

1. Trauma results in Pain
2. Pain results in Inflammation
3. Inflammation results in Muscle Spasm
4. Muscle Spasm recreates the pain cycle



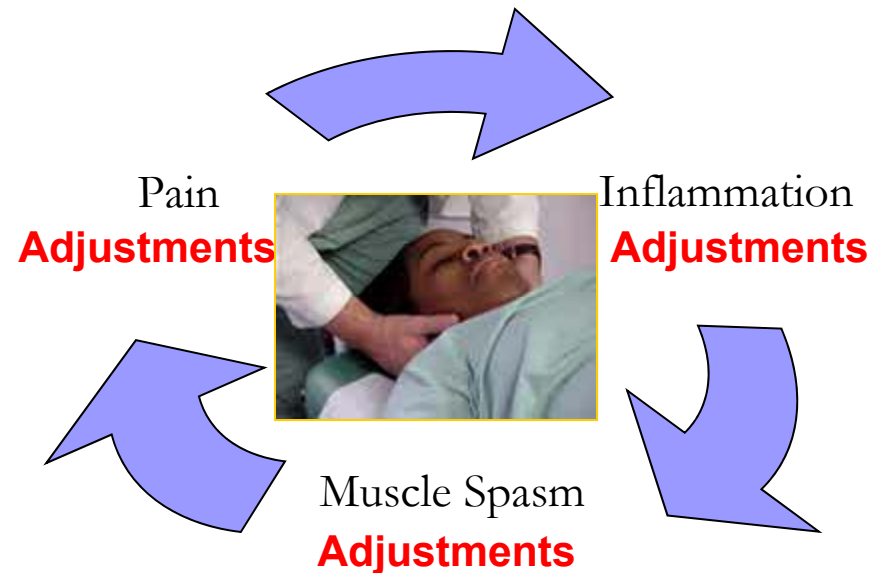
When The Alarm Goes Off, The Body Is Alerting You That Something Is Wrong.



1. We usually seek professional help.
2. Most Doctors forget that Pain is an alarm.
3. Therefore, most treatments are designed to only turn off the alarm.

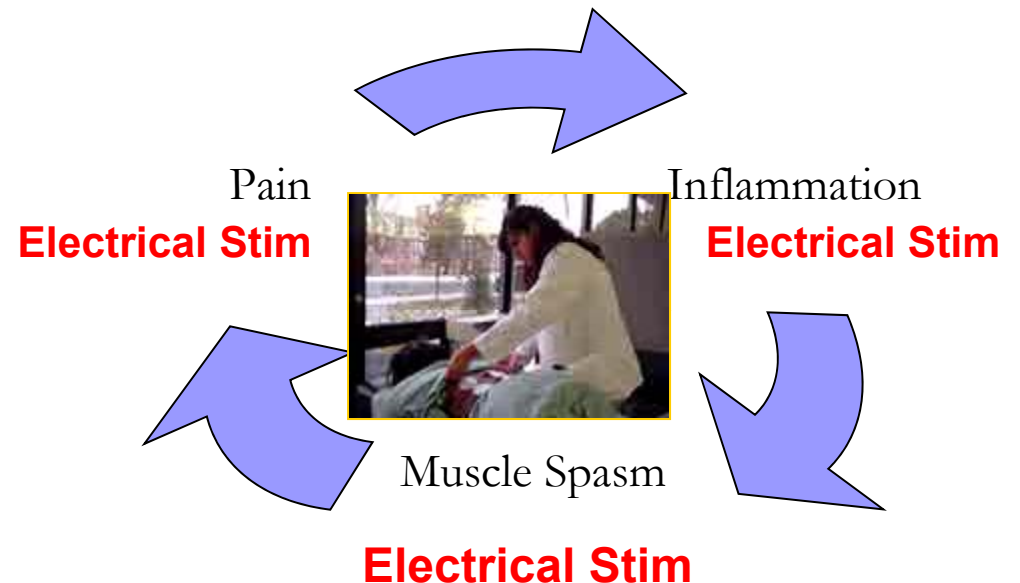
The Chiropractic Adjustment

- Is a gentle procedure
- Restores motion
- Reduces pain
- Reduces inflammation
- Reduces spasm
- Restores neurological balance
- Reduces Scar Tissue and Adhesions



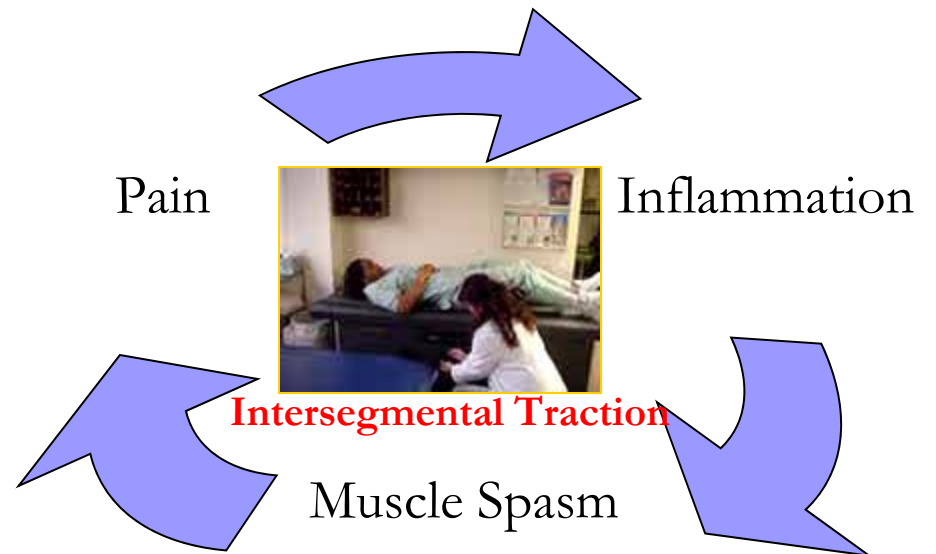
Electrical Stimulation

- A non-invasive therapy that reduces pain, inflammation, and muscle spasm.



Intersegmental Traction

- Intersegmental Traction helps to reduce muscle spasm and improve spinal mobility.





This Is How Pain Occurs

- If you have pain, you can be assured that you are experiencing the Pain Response Cycle.
- Yes, you can turn off the response, but that doesn't address the underlying Trauma causing the pain.
- The first question to ask is:

What Kind Of Trauma Do I Have?



What Kind Of Trauma Do I Have?

- If your pain only recently began and you know exactly what caused it, then you are experiencing

Acute Pain caused by Macro Trauma.

- Treatment Solutions For Macro Trauma:

1. Chiropractic Care
2. Physical Therapy
3. Medication

They all work well in this situation because they all focus on turning off the pain spasm cycle.



What Kind Of Trauma Do I Have?

- If your pain has persisted for months to years and the cause is hard to pinpoint then you are experiencing:

Chronic Pain caused by Micro Trauma.

- Treatment Solutions Micro Trauma:

Not so easy.

Because turning off the Pain Spasm cycle only works temporarily.

This is why most practitioners don't treat chronic pain.

The Secret Revealed

The Cause Of Most
Chronic Neck &
Back Pain.



The Secret Revealed

- Forward Head Tilt & Sway Back
- The Most Common Cause of Neck and Back Pain

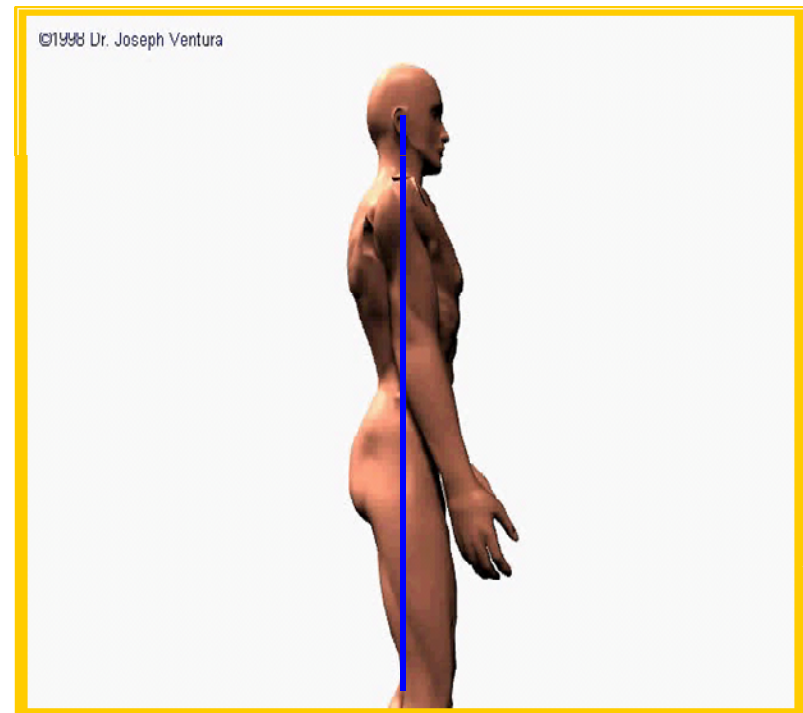
(Well almost. The number 1 cause of neck and back pain is arthritis. Arthritis is **caused** by long term Forward Head Tilt and Sway Back.)



Neck and Back In Normal Position

In normal position:

- The head is above the shoulders and the pelvis.
- The head weighs about as much as a bowling ball: around 10 – 12 lbs.
- The body must be in this position to hold the efficiently support the head.

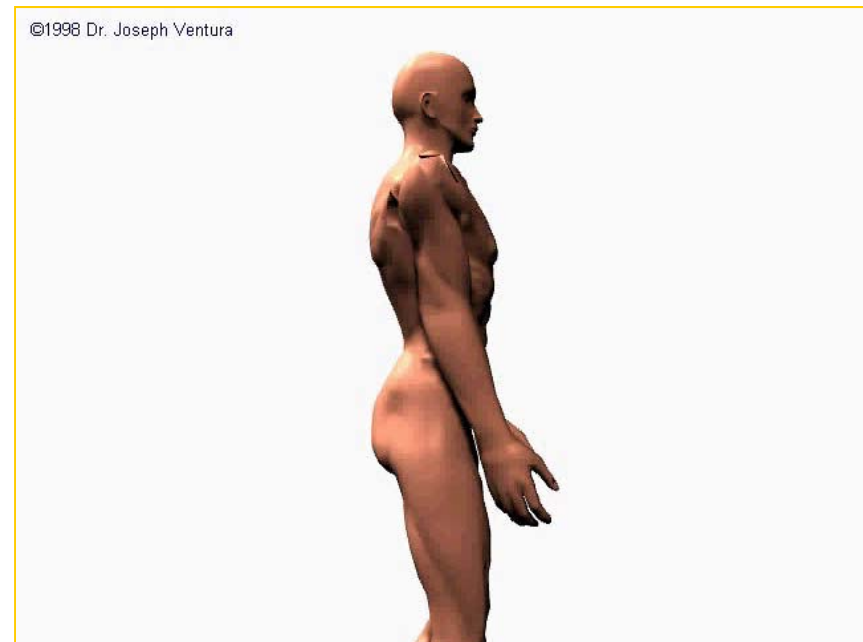


The blue line shows the head directly under the shoulder and hips.

Neck and Back In Abnormal Position

In abnormal position:

- The head is forward of the shoulders and the pelvis.
- This position increases the forces on the neck by 300%.
- As the head moves, so does the low back. Sway back is the result.



Back In Abnormal Position

In abnormal position:

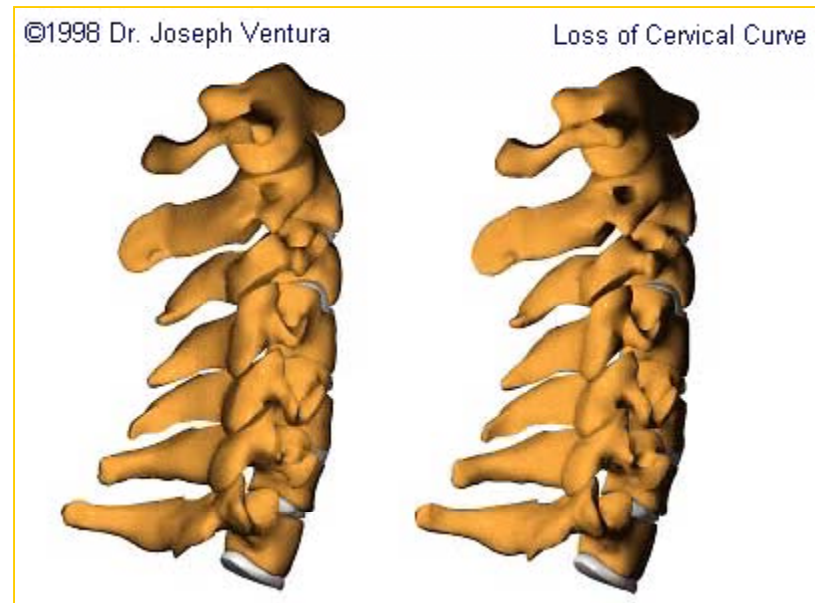
The lumbar spine cannot move properly because it has too much curve. This eventually irritates the spinal joints creating pain and spasm.



Neck In Abnormal Position

In abnormal position:

The neck moves forward and the weight of the head is carried abnormally. This eventually creates arthritis in the neck and a lot of pain.



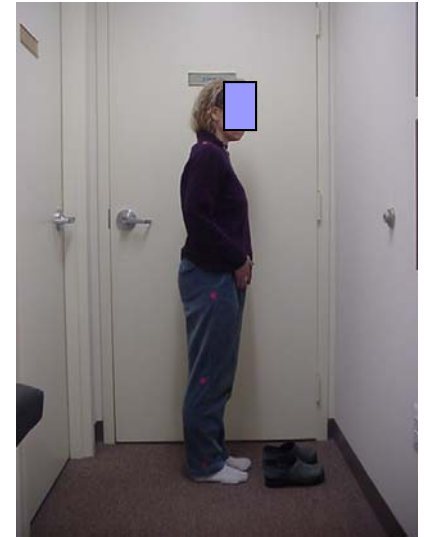
This Common Problem Is Usually Overlooked!



Notice The Forward Head Tilt and Sway Back In Each Person.

They All Complained of Low Back and Neck Pain!

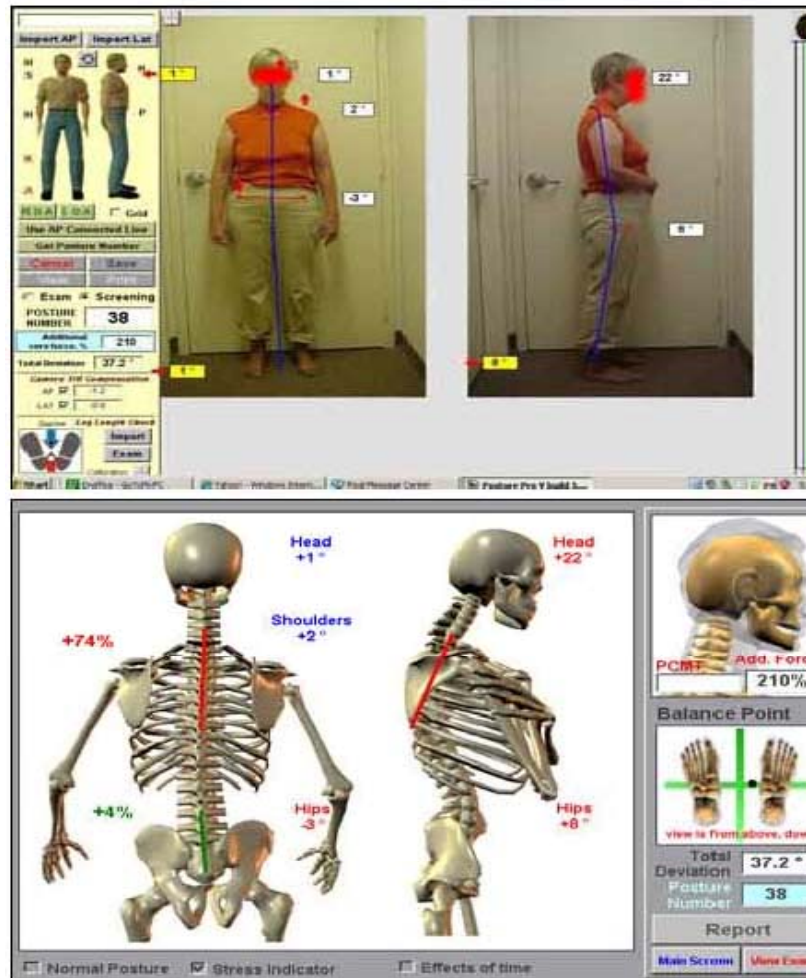
We Have Thousands Of Pictures Like These on File.



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We use sophisticated digital scanning software to analyze the Micro Traumatic weaknesses.

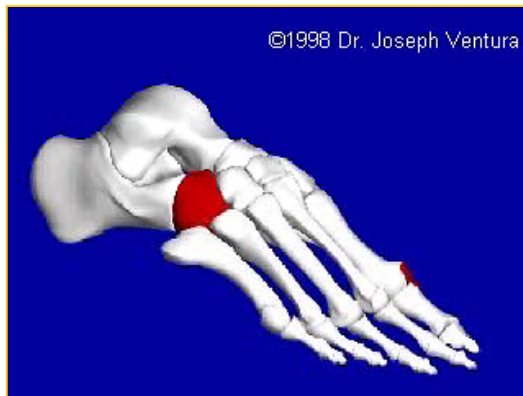




We Then Design A 4 Step Program To Correct The Micro Trauma

- 1. Proper foot stabilization with Custom Molded Chiropractic Foot Orthotics**
- 2. Sequential and regular Chiropractic adjustments to re-pattern neuromusculoskeletal balance.**
- 3. Exercise to re-pattern overstretched or chronically shortened muscles.**
- 4. Cervical extension traction to restore the proper cervical curvature.**

Step 1: The Feet



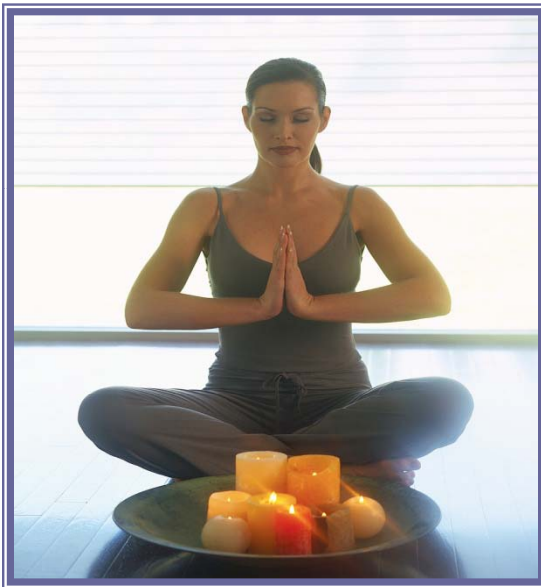
- Custom molded orthotics are used to correct foot structure and neurological (proprioceptive) balance.
- Orthotics must stabilize all 3 arches of the feet and provide neurological balance in order to restore proper center of gravity.
- Orthotics obtained from a shoe store or even a Podiatrist will not achieve this goal.

Step 2: Chiropractic Adjustments

- Specific Chiropractic Adjustments serve to establish a new neurological pattern in the nervous system.
- This new neurological pattern creates muscle balance and better posture.



Step 3: Exercises



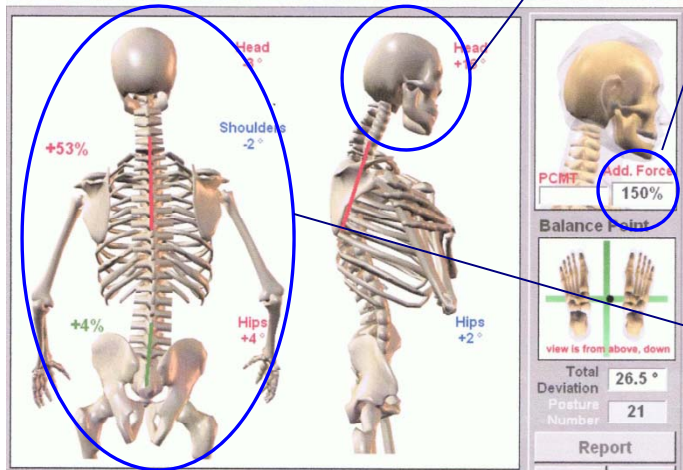
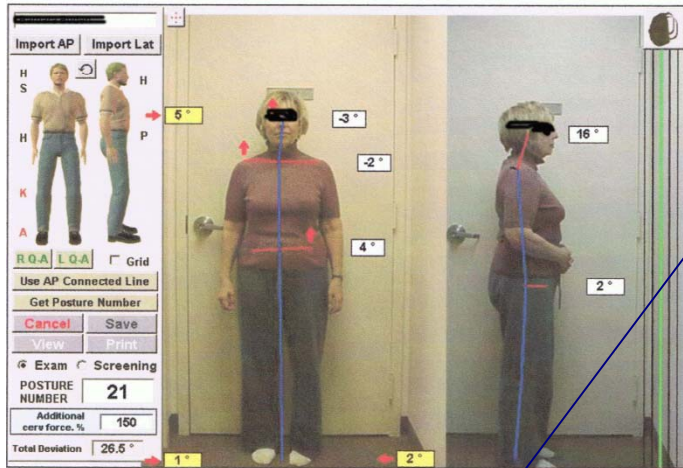
- Specific exercises are used to assist in re-establishing neurological and muscular balance.

Step 4: Cervical Traction

- Extension Cervical Traction places the neck into hyperextension.
- This slowly breaks down adhesions in the anterior portion of the neck that would disallow the normal head position.
- Overtime, this therapy will reduce the percentage of force on the cervical discs.



This Is How We Get Fast Results, Usually Within 90 Days!

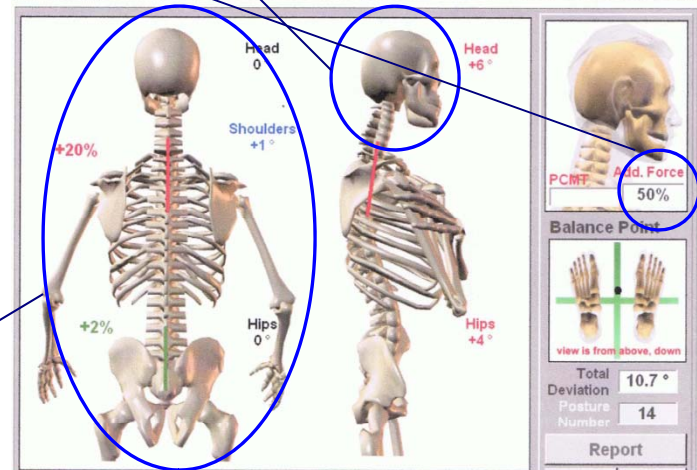


Before Treatment

Forward Head Tilt Corrected

200% Improvement In Cervical Force

Spinal Curvature Corrected



After Treatment

Home Exercises

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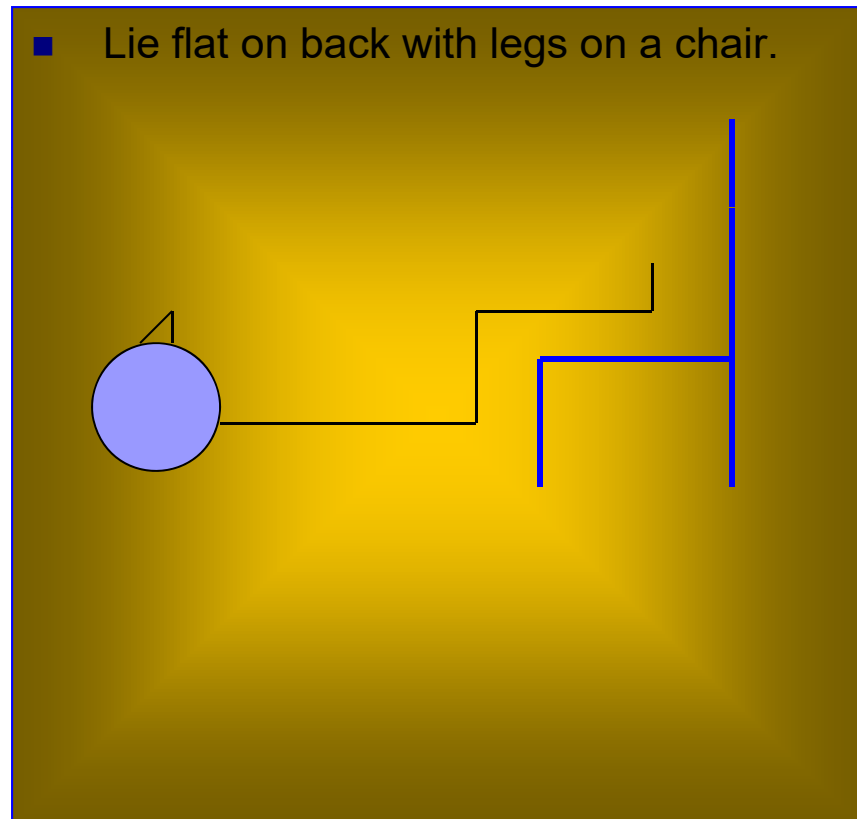
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Exercise 1: Spinal Molding

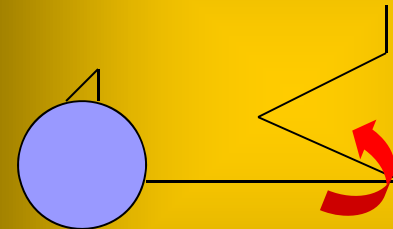
- Reduces sway back.
- Put a blanket on the floor and lie down with legs on a chair.
- Lie down for 10-15 minutes daily.



Exercise 2: Lower Abdominal

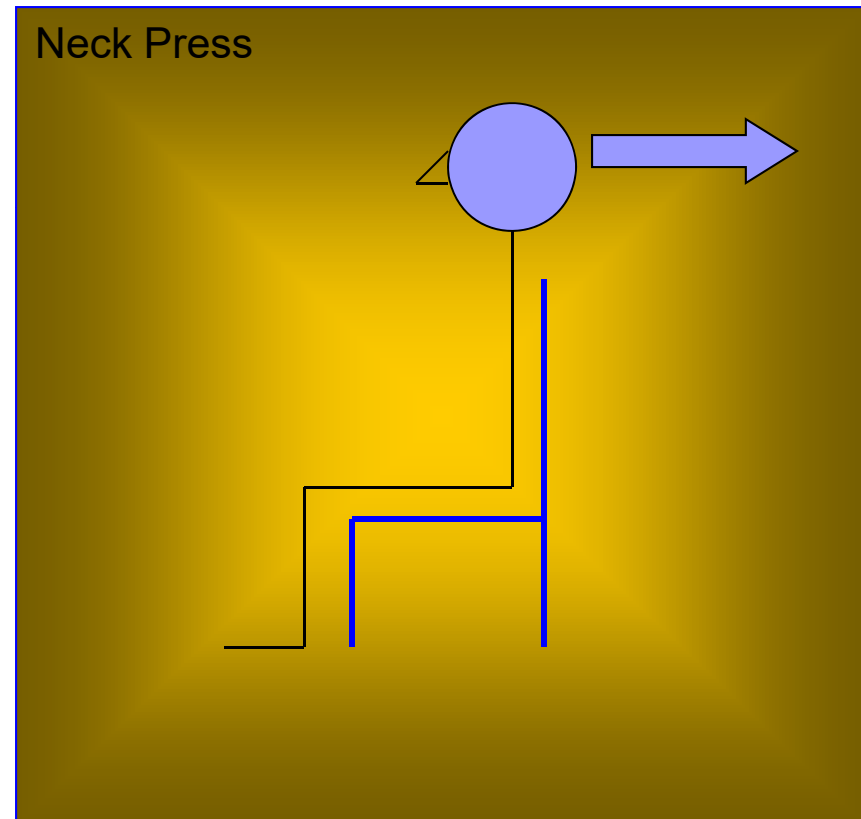
- Reduces sway back.
- Put a blanket on the floor.
- Start position with knees up to chest.
- Exercise is done by “lifting” the pelvis off the floor.
- If you can’t lift your pelvis, then just tighten the lower abs.
- Do 60 reps per day.
- Can split into 30 reps in the AM and PM.

Curl the pelvis up to exercise the lower abs



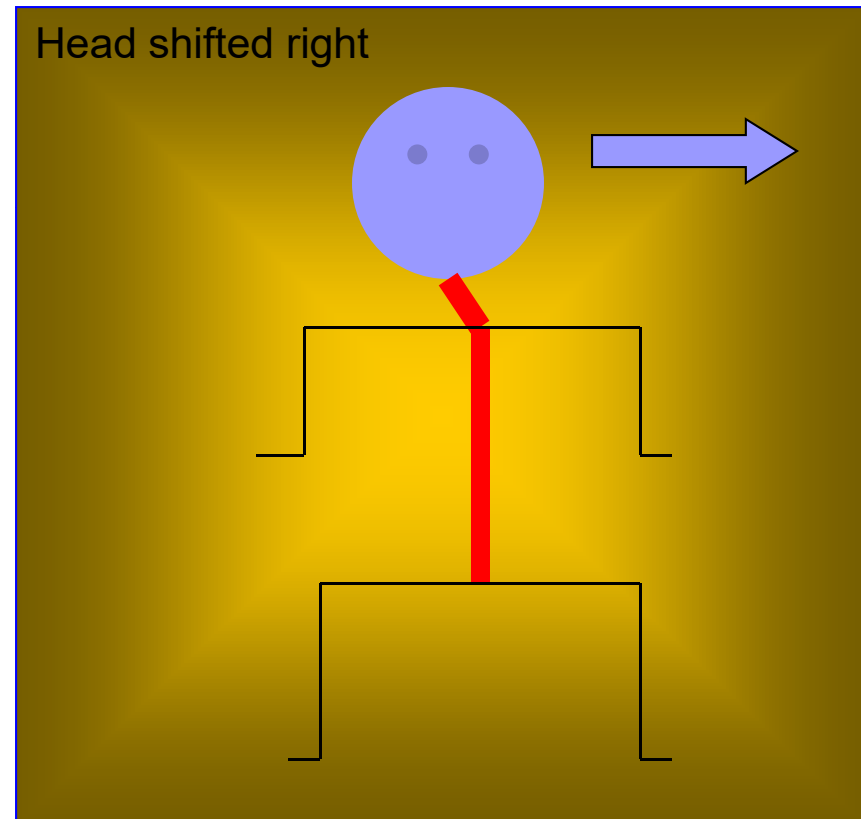
Exercise 3: Neck Press

- Reduces forward head tilt.
- Sit in chair
- Push head back while keeping chin tucked.
- Can be done in the car by pushing head against the head rest.
- 40 Reps per day



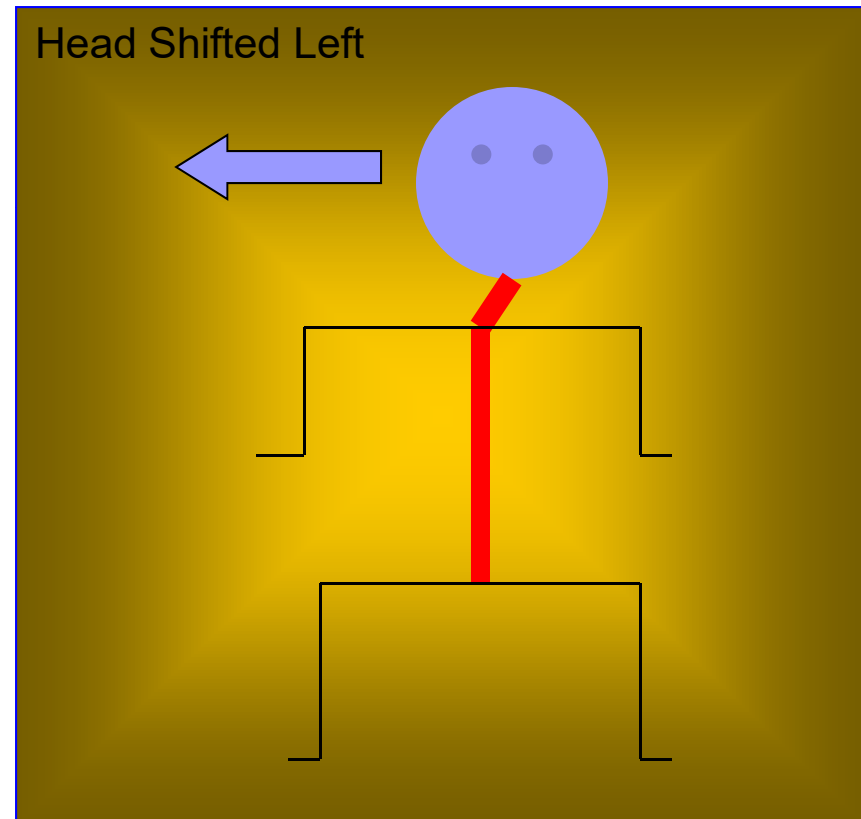
Exercise 4: Left Head Shift

- Reduces right shifting head.
- Push head to left while keeping eyes level.
- Do not bend neck or tilt head.
- Only do on Dr. Beech's prescription.



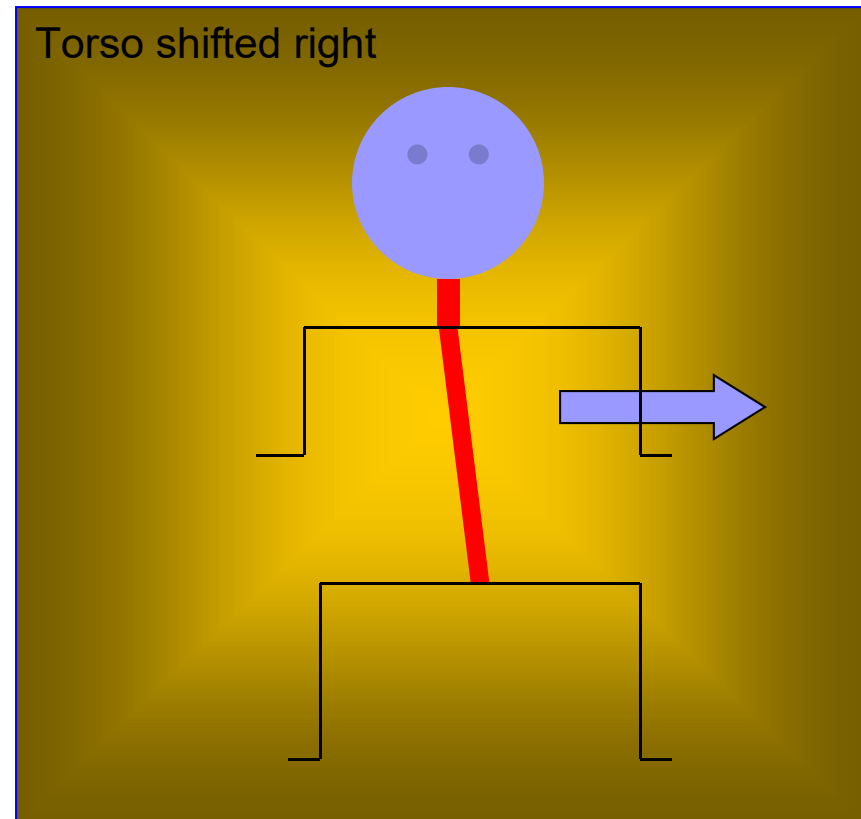
Exercise 4: Right Head Shift

- Reduces left shifting head.
- Push head to right while keeping eyes level.
- Do not bend neck or tilt head.
- Only do on Dr. Beech's prescription.



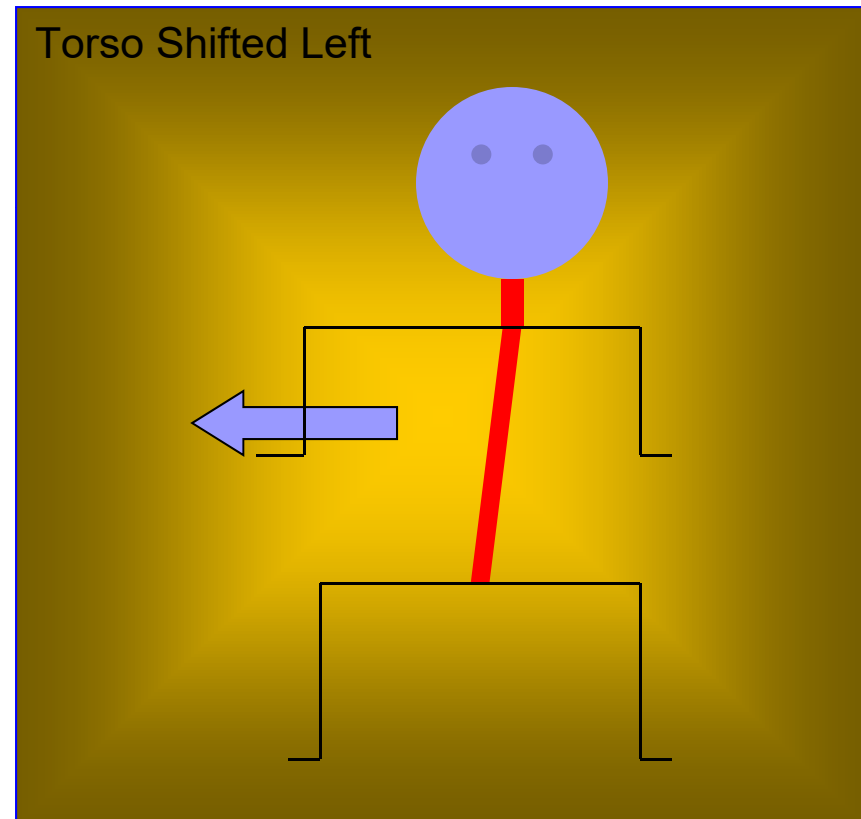
Exercise 4: Left Torso Shift

- Reduces right shifting Torso.
- Push torso to left while keeping eyes level.
- Do not bend torso or tilt shoulders.
- Only do on Dr. Beech's prescription.



Exercise 4: Right Torso Shift

- Reduces left shifting torso.
- Push torso to right while keeping eyes level.
- Do not bend torso or tilt shoulders
- Only do on Dr. Beech's prescription.



Ergonomics

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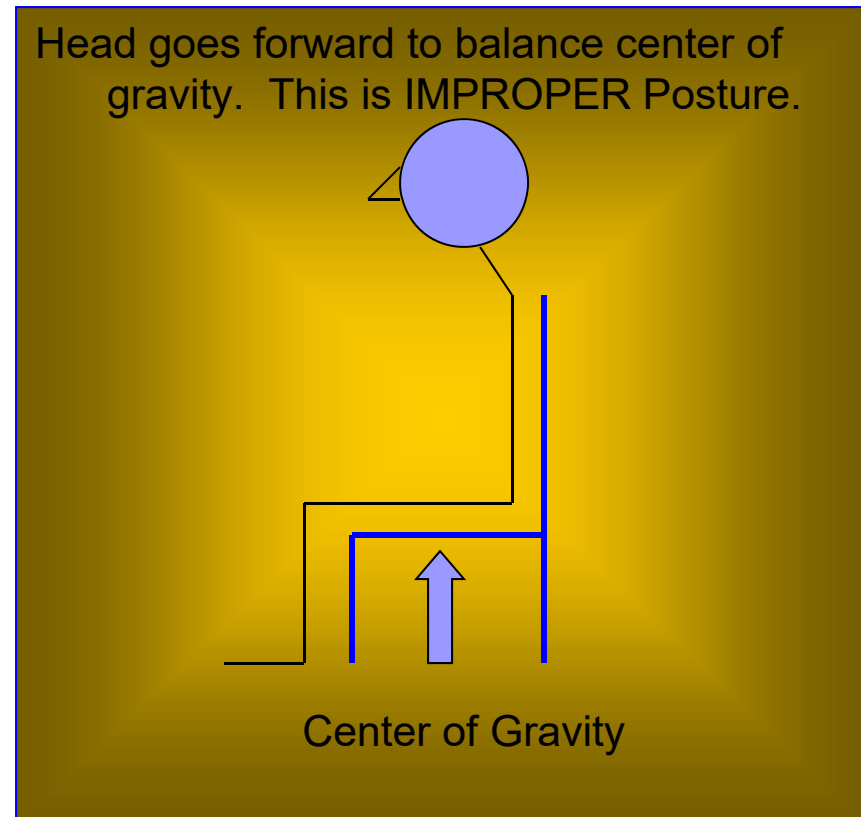
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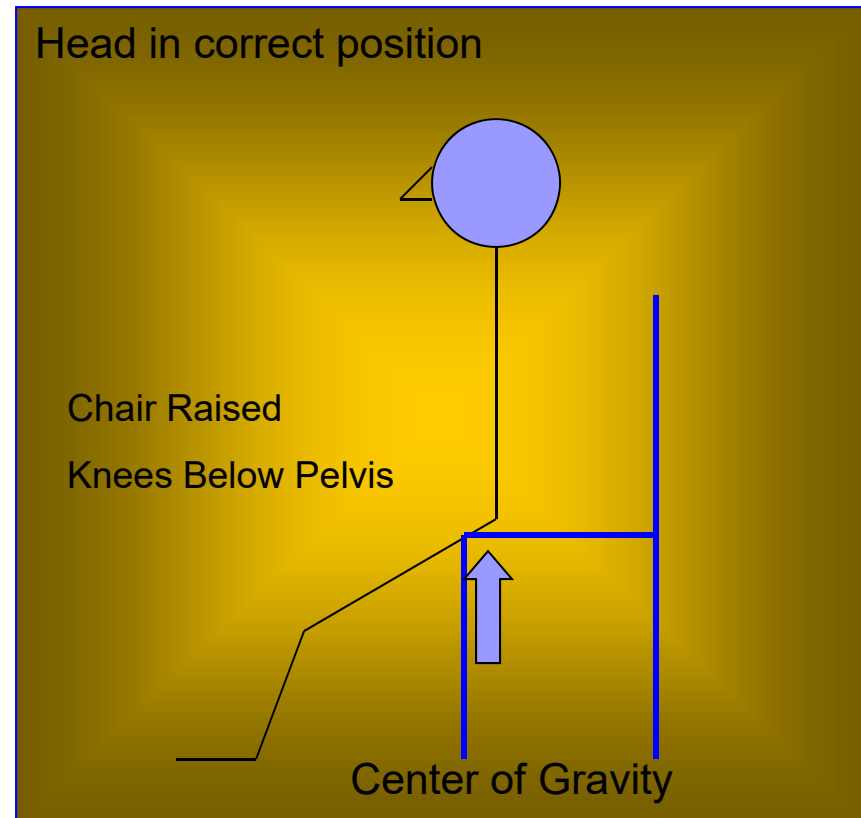
Ergonomics Starts With The Chair

- When we sit in a chair the center of gravity is shifted forward under the legs.
- The head tilts forward to compensate.



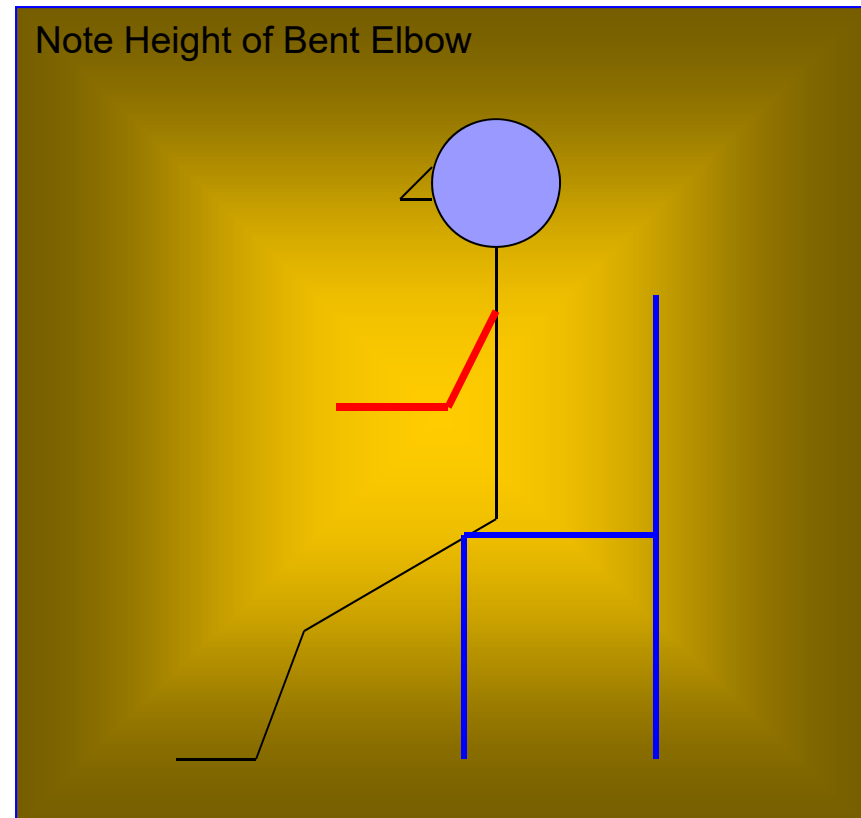
Ergonomics 1: Adjust the chair

1. Chair should be raised to a height that allows the knees to be below the pelvis.
2. Sit on edge of chair on the “pelvic” bones
3. Head will automatically assume the correct position.
4. Therefore, the first piece of ergonomic equipment is chair with adjustable height.



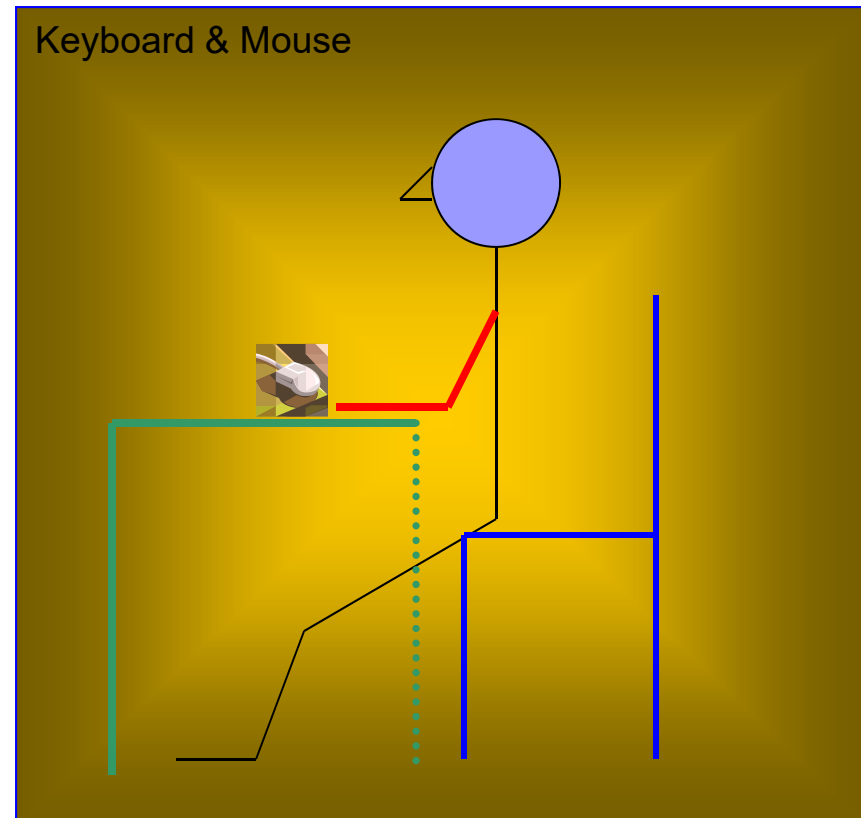
Ergonomics 2: Relax shoulders and note height of bent elbow.

1. With relaxed shoulders note the height of your bent elbow.



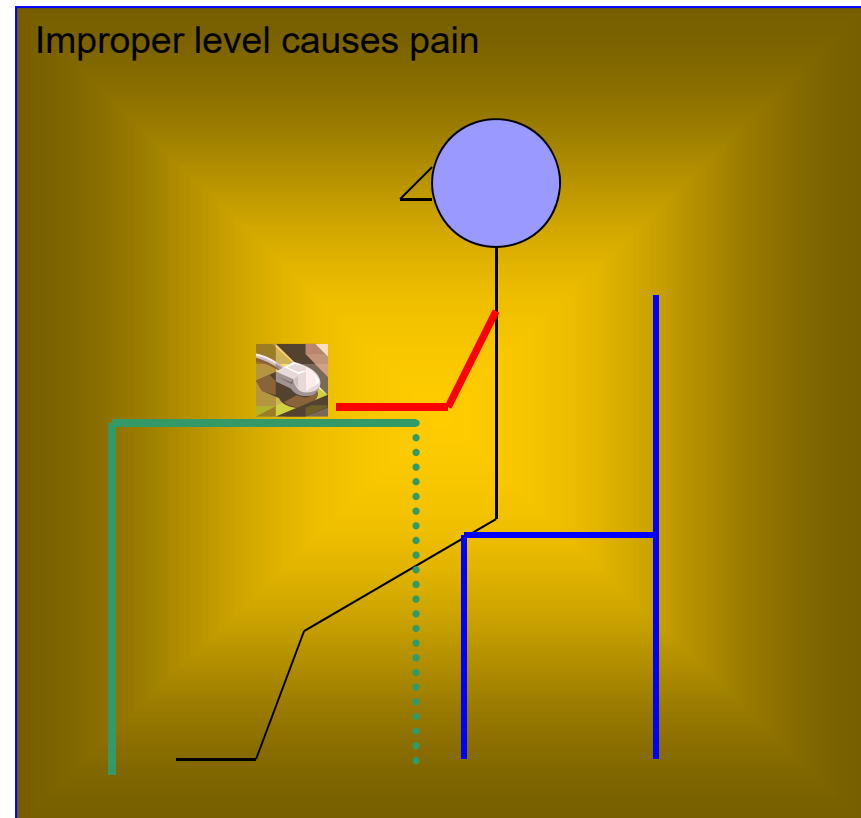
Ergonomics 3: Keyboard and Mouse

1. This is the level where your keyboard and mouse should be.



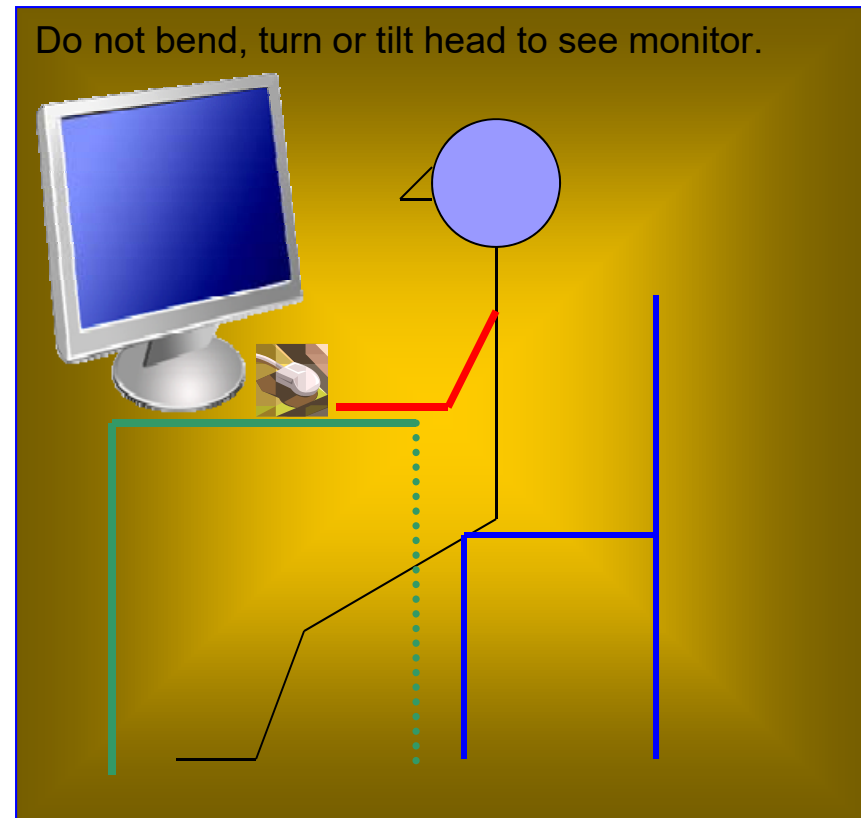
Keyboard & Mouse Not At The Right Level

1. If the Keyboard and mouse are higher than this level, you can develop neck and shoulder pain.
2. If they are lower, then you can develop wrist and elbow pain.



Ergonomics 4: Monitor Height

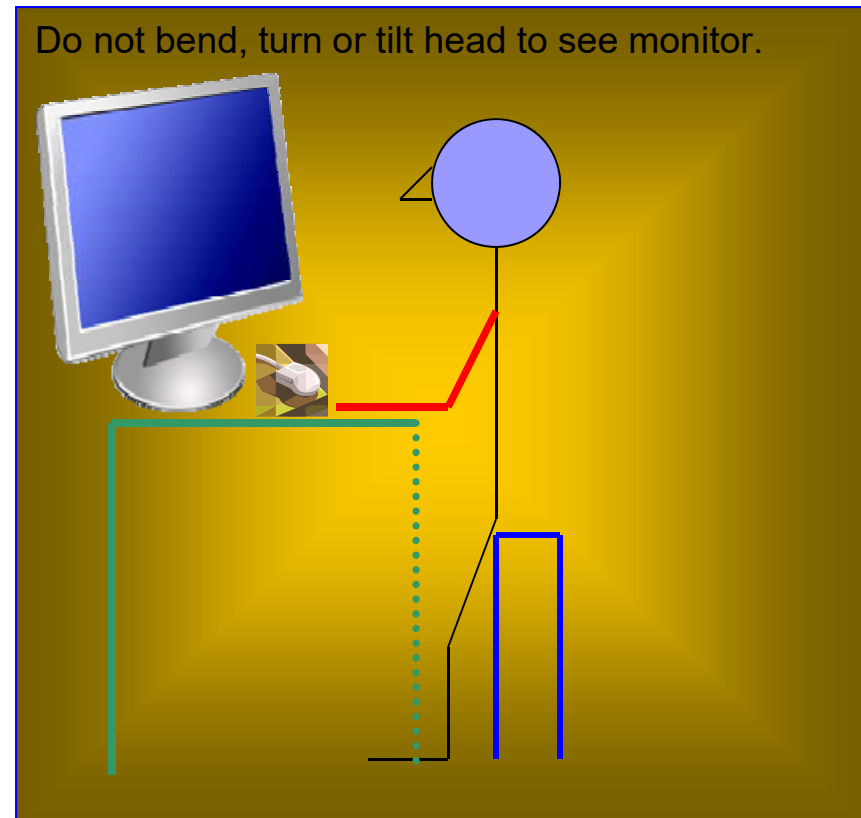
1. Monitor should be at eye level and straight ahead.
2. Turning the head to look at the monitor or looking up or down at the monitor will create neck pain.
3. The Monitor should also be about 2-3 feet from the eyes.



Ergonomics 5: Standing Desk

A standing desk allows you to follow all the same rules of proper posture.

A stool is convenient to sit on when you get tired.



Sleeping Postures

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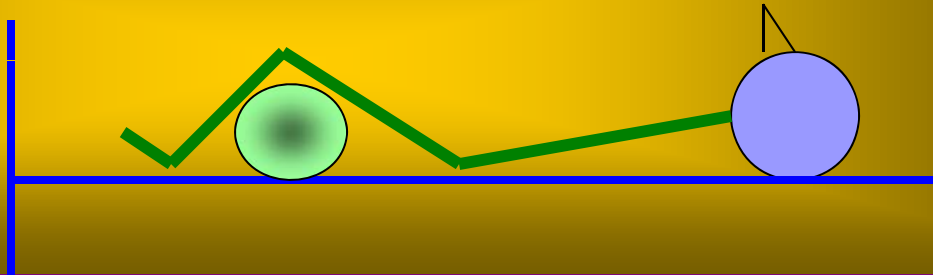
The Best Sleeping Positions



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Sleeping: On The Back

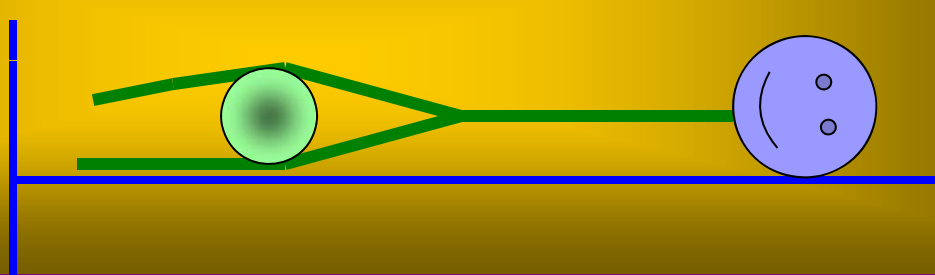
Use a pillow under the knees



- Sleeping on the back is very good. It keeps the spine straight. Try putting a pillow under the knees. Although not as intense, this mimics the spinal molding exercise and reduces low back stress.

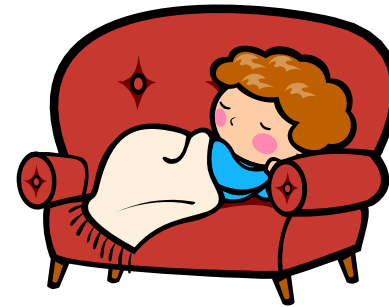
Sleeping: On The Side

Use a pillow between the knees



- Sleeping on the side is also very good. Try putting a pillow between the knees. This helps to prevent hip and pelvic pain.

Bad Sleeping Positions will put too much stress on your neck and back.
These position create a lot of new Chiropractic patients!



But I Love To Sleep On My Stomach!

- If you had the soft bones of a baby, it would be ok.
- But chances are, your bones are a little less bendable than this little creature's.



The Reason Stomach Sleeping Feels Good

- The pressure against your chest makes you feel secure.
- To compensate try sleeping on your side with a big pillow to hug.



Beds and Pillows

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Cervical Pillows Are Best

- Cervical Pillows are supportive of the natural cervical curvature.
- You can use the pillow on your back or side.
- Break the pillow in slowly by starting with it each night. If it becomes uncomfortable, then use your old pillow for the rest of the night.
- After a few nights you will get accustomed to the new sensation of neck support.



Beds

- We recommend at least using a hard mattress.
- The best bed we've found is the Select Comfort bed because it is adjustable.
- If your mattress is >10 years old, you may want to consider replacing it.
- Especially if you have morning back pain.



Chiropractic Wellness Care

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Wellness Care

- The minimum level of wellness care that we recommend is that our patients get an adjustment once monthly.



Why?

- Because your spine is at least as important as your teeth. If you never brush, floss or get checked and wait for symptoms to begin, what will your dental health be like?
- At least you can replace teeth if they fall out.
- Your spine can't be replaced. Once it wears out, that's it.



Long Term Health

- Interesting point is that it's been estimated that the spine is designed to last 120 years.
- However, spinal degeneration is routinely found on x-ray on patients in their 20's
- Without proper spinal care, your spine may wear out before you do.



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Other Health Care Services

- Dr. Beech has 21 years experience in the practice of Ayurveda.
- Ayurveda is the world's oldest organized system of health care.
- Ayurveda originated in India over 5000 years ago.



Ayurveda

This effective natural system of health care is a wonderful compliment to chiropractic care.

Ask Dr. Beech for more information about our Ayurvedic Services during our Thursday Night Webinars.





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