

How are atlas problems assessed by AO Chiropractors?

Through a skilled combination of the following:

Comprehensive Health History
Conduct nerve, bone and muscle tests
We produce onsite pictures images of your bones and joints if required clinically necessary
AO radiographic assessment is unique (pictures of your bones and muscles and joints)
Leg Length and Postural analysis
Scanning palpation (checking the back of the neck)

Upon completion of these exams, a diagnosis will be made and reported to you (and any other doctor you require). If your specific circumstances warrant it or there is no response to AO care within a designated timeframe, referral to an appropriate healthcare practitioner will be made.

The Atlas Orthogonal Adjustment:

Upper cervical misalignment, irritation, or poor motion of spinal joints is uniquely adjusted without twisting or tension in the arteries or nerves in you neck. In addition, there is no popping or grinding noise. The Atlas Orthogonal Percussive Instrument uses a small wave of vibration specifically directed towards the atlas misalignment. The energy is transmitted through the skin so softly that most patients do not feel the actual adjustment, only the resultant affect of the adjustment.

Medical doctors and neurologists like AO chiropractic because it is not manipulation and even the most delicate spine can be addressed. In Australia we are a growing body of specialized chiropractors willing to work closely with your doctor or other practitioners, including chiropractors, because not all people respond equally to one therapy.

No practitioner today has the extent of educational focus that chiropractors have in spinal manual diagnosis. Chiropractors graduate with spinal x-ray proficiency.

Chiropractic is neither a substitute for medical care nor a cure but a specialised way of helping you to further optimise your health and wellbeing.

An AO chiropractic adjustment may be an alternative to drugs or surgery or actually assist your body's recovery if you must undergo medical or surgical procedures.



CHIROPRACTIC

"THE KEYSTONE TO OPTIMAL HEALTH & WELLBEING"

70-72 Loudon Street
Sandgate 4017
(07) 3869 4930

4/5 Discovery Drive
North Lakes 4509
1300. 950 058

Practice Hours

Monday to Friday
Late night appointments available
See website for details

- Not all conditions respond alike. You will not be led to believe that your condition will respond with certainty. You will be placed on a schedule of care with expected results within a reasonable designated period of time, gauged individually for you or your child. If Conditions persist, without change, another form of chiropractic care, or healthcare, will be advised.

- Chiropractors are primary contact (no referral needed) health practitioners, they are not therapists, masseurs or medical practitioners. However, they do work with all the above to help you get well.

email: info@newerachiropractic.com.au
website: www.newerachiropractic.com.au

www.newerachiropractic.com.au



CHIROPRACTIC

"THE KEYSTONE TO OPTIMAL HEALTH & WELLBEING"

ABN: 70 128 024 608



SMALL BUSINESS
CHAMPION
AWARDS
NATIONAL WINNER 2008

**NEW ERA
CHIROPRACTIC**

**AN ATLAS ORTHOGONAL
CHIROPRACTIC PRACTICE**

**A CHIROPRACTIC
APPROACH TO WELLNESS
WITHOUT MANUAL
MANIPULATION**

Why is specific upper cervical (upper neck) care important to health?

1. The brain and spinal cord are the only two tissues in the human body encased in bone for their protection.
2. It affects all of the muscles & nerves in the entire body.
3. It is the conduit that is constantly collecting environmental information and transferring adaptive commands directly from and to the body from the brain.
4. It affects those parts of the brain with connections to all organ systems.
5. It affects all postural and muscle balance that can produce perpetual spasm (muscle knots).
6. It can be injured in relatively minor accidents/falls, often causing mild to severe whiplash.

Have you ever thought it curious that despite the best medical treatment, and/or precautionary measures such as diet, exercise and screening tests, you seem to catch every “bug” making the rounds; feel out of balance, twisted or clumsy, continue to suffer from recurrent infections; headaches; ear, balance or jaw problems; digestion, urinary or bowel dysfunction; not to mention, hip, knee or back pain... Or maybe it's the baby's colic and chronic crying that won't seem to go away or your child's embarrassment from accidental bedwetting that is unrelenting. Or even more subtle, you've just noticed your posture changing. The head tilting slightly; uneven shoulders; a short leg when lying down; uneven hips, unequal hem(s) in clothing; and constantly tight muscles or a crunching or grinding sound with simple neck movements.

How can Chiropractic care affect all of these conditions?

The upper cervical area consists of the Occiput, Atlas (1st vertebra or C1), Axis (2nd vertebra or C2). Chiropractors believe this area to be the most influential in the nervous system, outside of the brain. Body structure out of balance is the key sign of spinal problems which can cause or worsen a number of functional pathological syndromes (diseases).

Since every cell, tissue and organ in your body is interconnected and controlled by the nervous system, each of these complaints may actually originate elsewhere in the body. Chiropractors often find that it shows up as: a misalignment of the upper cervical spine, more specifically the 1st cervical vertebra, appropriately named the 'Atlas'. In this case, Atlas does carry the weight of your world – your head.

Simply put, Chiropractors' believe that the body has the inborn ability to heal itself, and this healing is facilitated through a proper functioning nervous system. Since the upper cervical spine is the most moveable region in the spine, it is also the most likely to become misaligned, thereby compromising this vital nerve function. In addition, anatomically the origin of every nerve exiting into the body from the spinal cord passes through the Atlas vertebra.

When this misalignment occurs, a skillful adjustment of the Atlas vertebra may be needed. Chiropractors use spinal adjustment techniques to restore proper spinal & body function, promoting wellbeing.

Please note: there are no extensive scientific trials showing that chiropractic “cures” any named disease. There is, however, a century of clinical evidence showing that chiropractic care has helped many people and is based on a sound, structured and disciplined approach founded in accredited university education. Also note that not all conditions will respond to adjusting structural balance with chiropractic care alone.

The Atlas Orthogonal Technique

Atlas Orthogonal (AO) is a chiropractic technique that specializes in the diagnosis and correction of improper neck function. This technique has been researched, developed and utilized by Dr. Roy W. Sweat D.C. and the Sweat Institute over fifty years.

In the Atlas Orthogonal protocol, it is understood that the Atlas is the Keystone of Body Function. If you shift the keystone the structure changes causing weakness.

The primary cause for this weakness stems from the effects of gravity on the body and the body's attempt to overcome gravity. The body's innate nature will attempt to keep your eyes level with the horizon (the righting reflex) and your heads' weight centred over your body. Often when Atlas misaligns, you will notice postural changes begin to appear. After long periods of time your body will adapt further by laying down new bone (Wolfe's Law) to strengthen the stressed area, tighten muscles to splint a weakened area and/or generate inflammation in and around the affected joints causing pain and discomfort.

Why would you choose an Atlas Orthogonal Chiropractor?

1. **Atlas Orthogonal (AO)** chiropractors engage in approximately 200 hours of additional study over and above their university degree(s), which focuses on the upper cervical spine. They are awarded a Board Certification in Atlas Orthogonal technique from Sherman College of Straight Chiropractic (USA). or the Dr. Roy Sweat Foundation.
2. If you prefer relief without manual manipulation, drugs or surgery, or you were referred by another chiropractor.
3. **AO Chiropractic** care may offer you an approach to your problems not duplicated by other health professions.
4. **AO** has helped people with a multitude of health problems.