

Austin J. Goodell D.C.

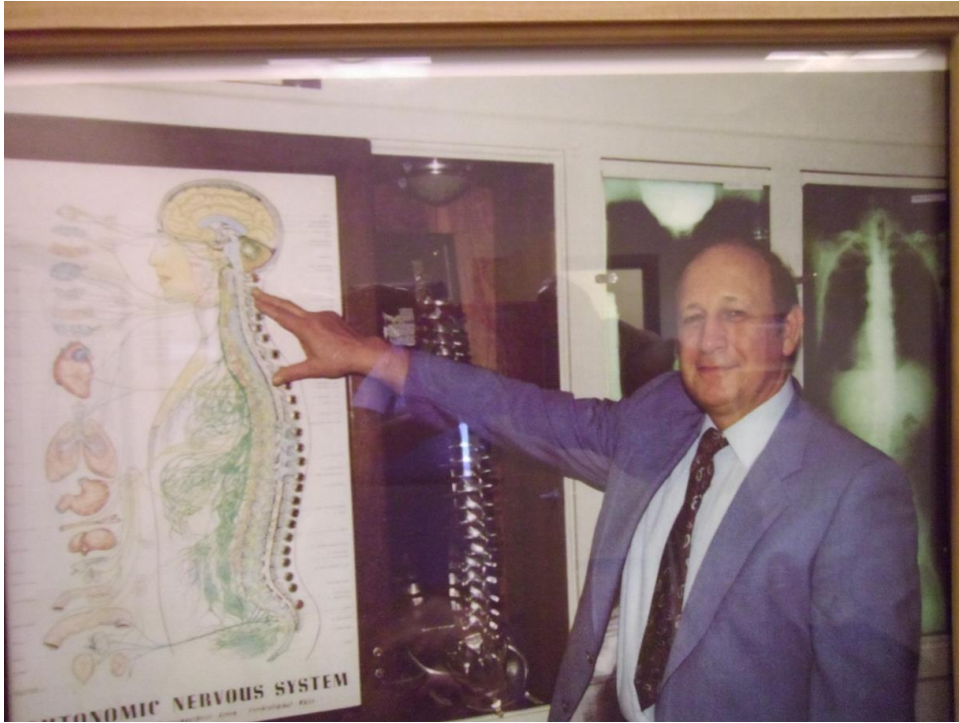




POWER?







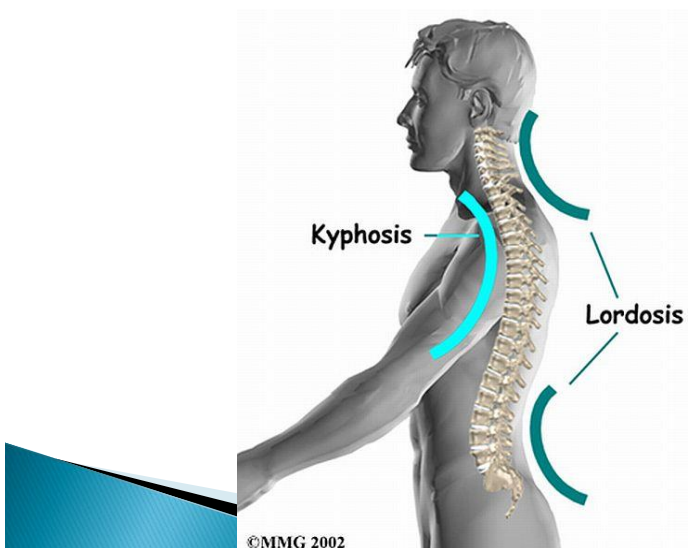
Spinal Health Care Class



Spinal Care Class

- ▶ Chiropractic Primary Health Care
 - Alternative Health Care?

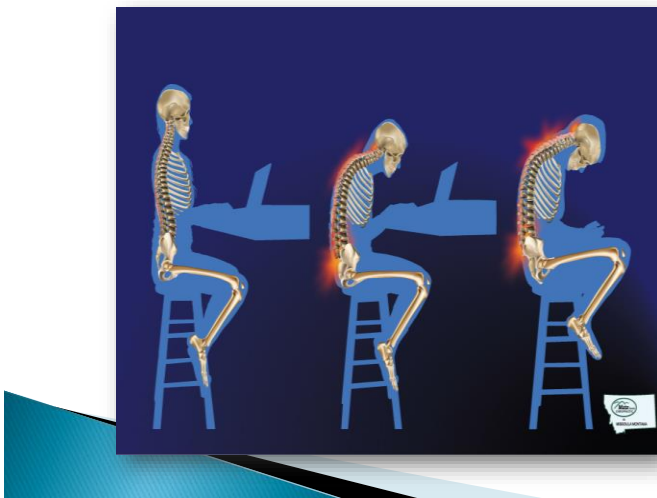
Postural Stress



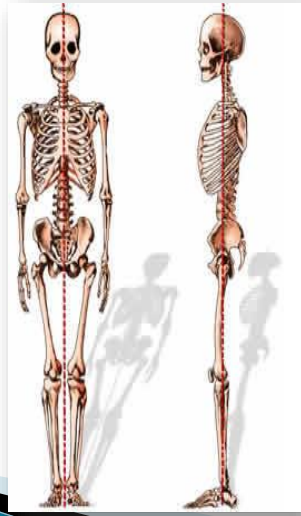
Reading in bed, Stomach sleeping



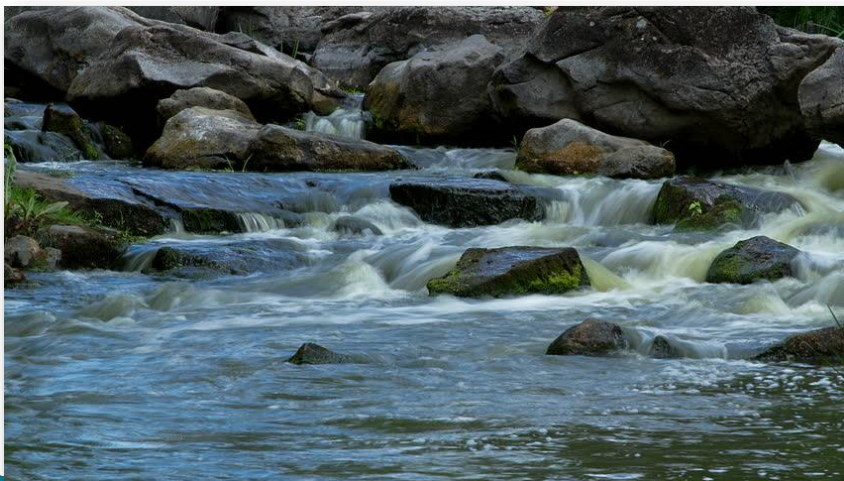
Screens, Phones, books Should be at eye level



Balanced posture



Hydration = health



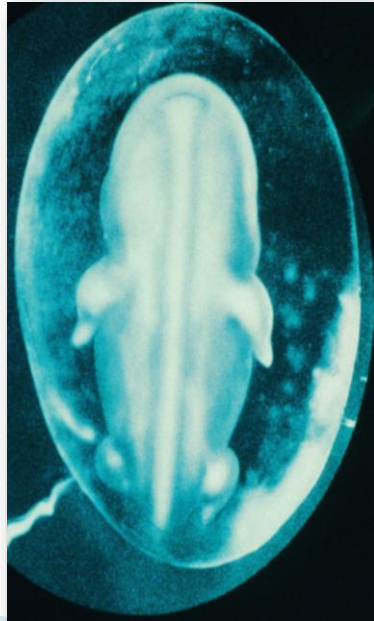
Dehydration = inflammation =
disease = death

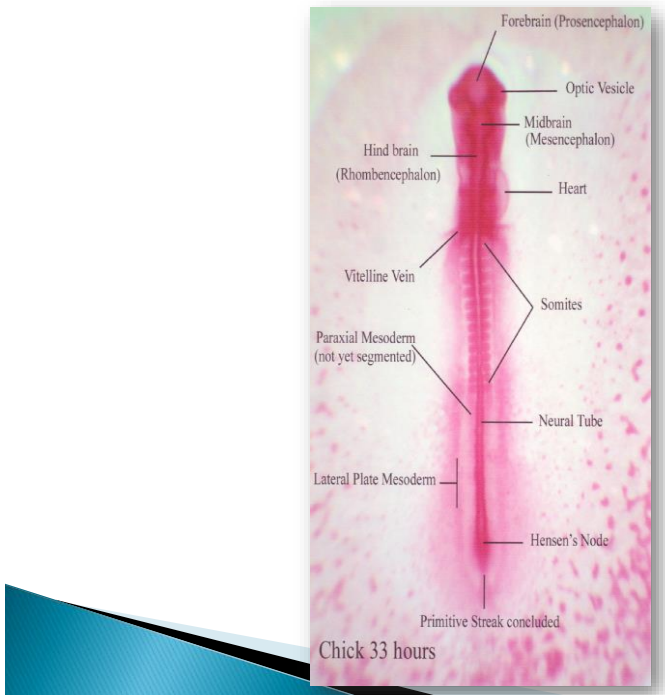


Start of Life

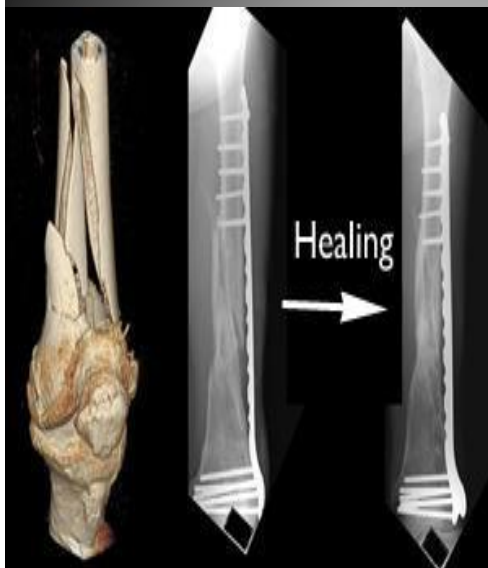


Start of life energy and intelligence

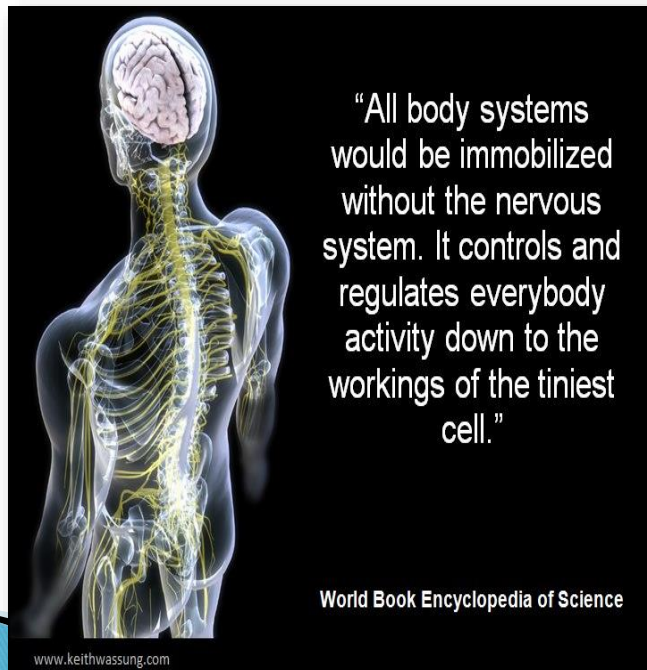




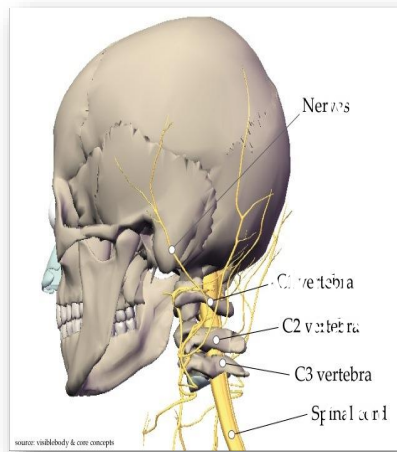
Laceration / Bone healing



Electrical energy nervous system



Atlas Subluxation



Atlas Subluxation
(Structural Imbalance)
Brain Stem and Vascular Pressure

Headaches and Vertigo
Neck and Back Pain
Arm and Leg Pain/Numbness
Respiratory Stress
Digestive Disorders
Sleep disorders

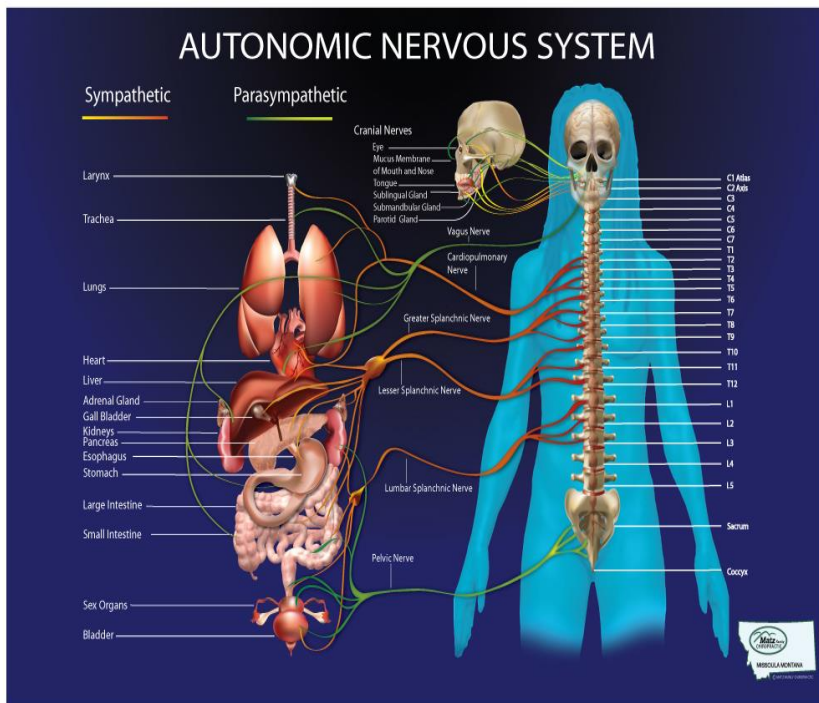
Balanced
(Holding Chiropractic Adjustment)
No Pressure

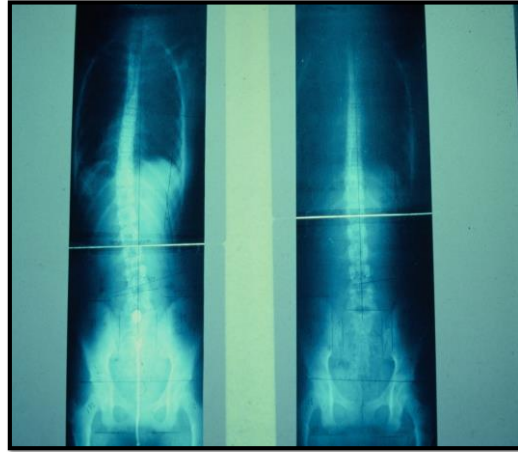
Increase
Function
Health
Well Being

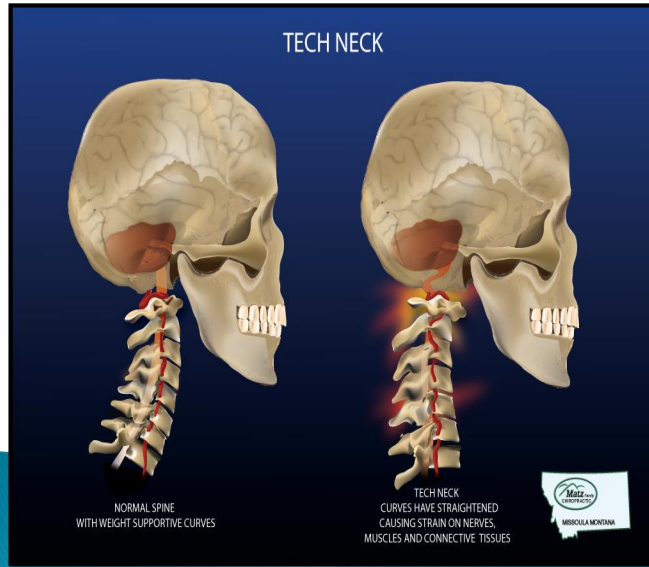
Decrease
Function
Health
Disease

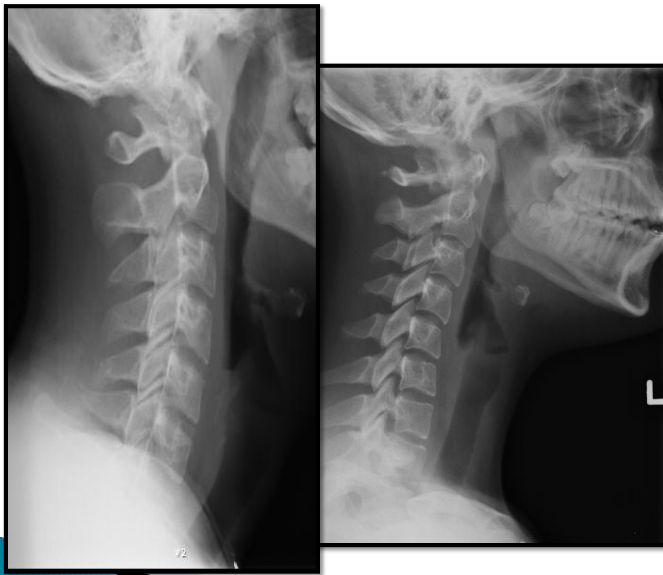
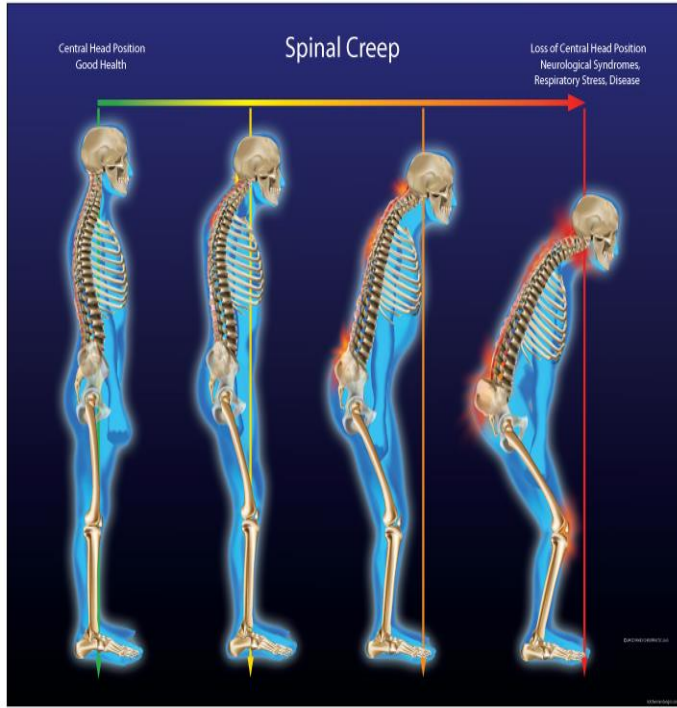
RESULTS

SPECIFIC UPPER CERVICAL Chiropractic

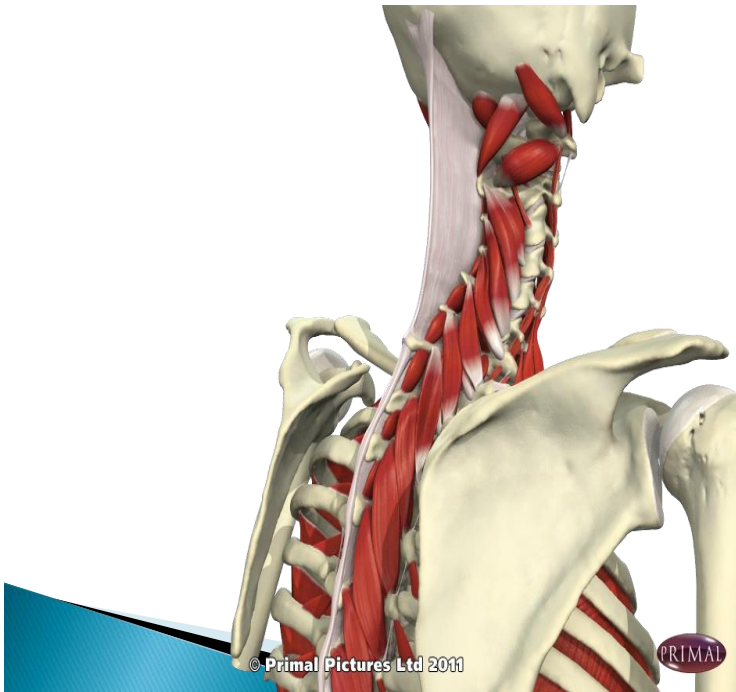
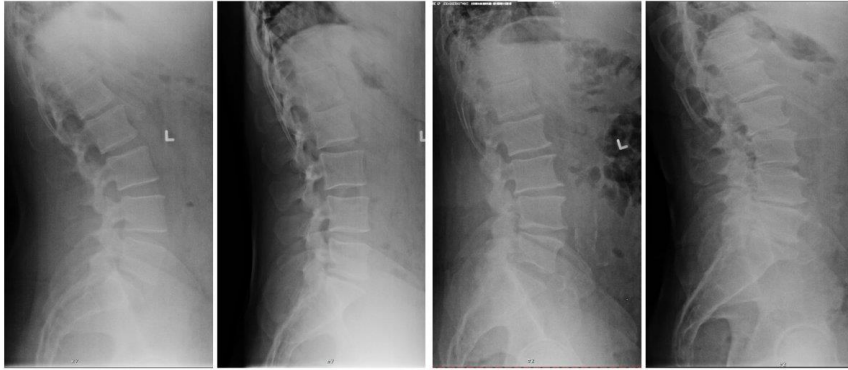


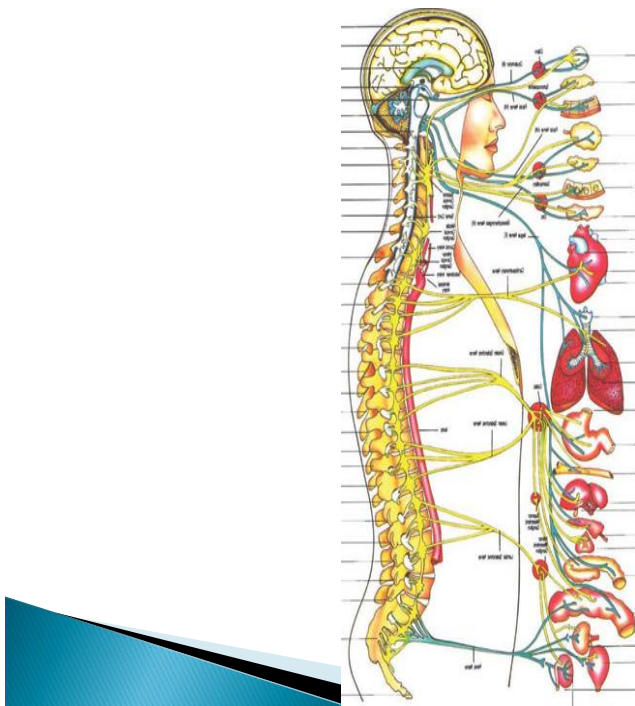




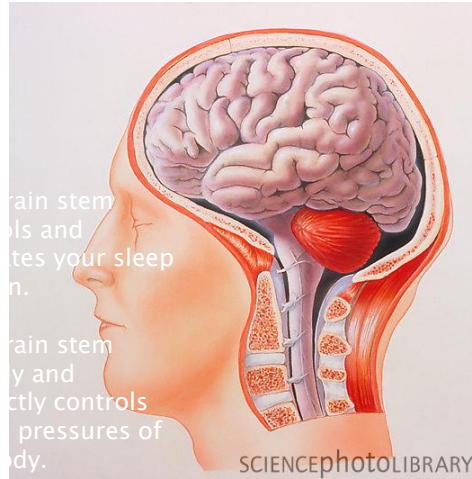




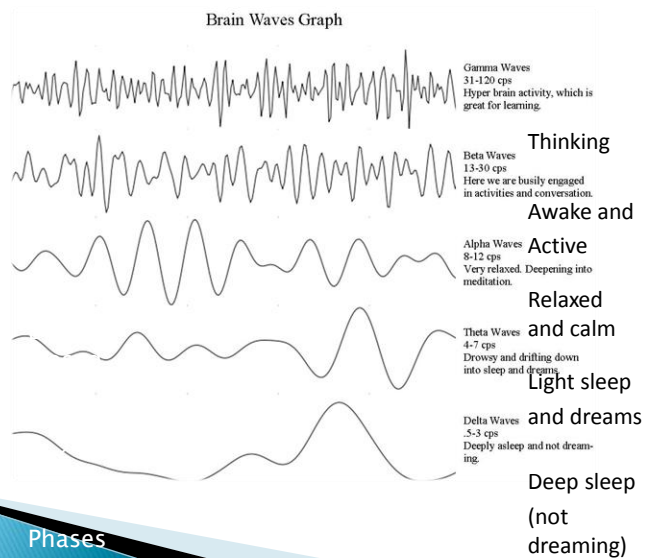




sleep



Sleep



Phases
3-4

Sleep – Phase 1

▶ Phase 1 (Transition)



Sleep – phase 2

▶ Phase 2 (Light S

- ▶ ↓ temperature
- ▶ ↓ pulse
- ▶ ↓ blood pressure
- ▶ ↓ respiration



Sleep – phase 3–4

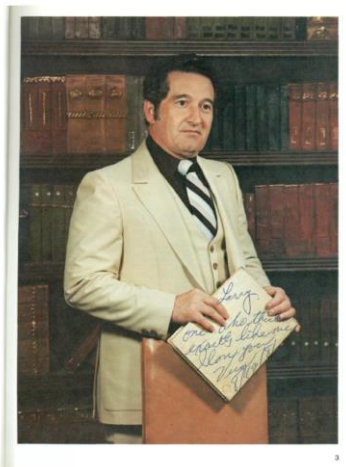
- ▶ **Phase 3–4 (Deep Sleep)**
- ▶ Growth hormone released from pituitary gland.
- ▶ Causes the growth and repair of bones and body tissues, including muscle, skin, organs, etc.
- ▶ Immune function



Sleep – phase 5

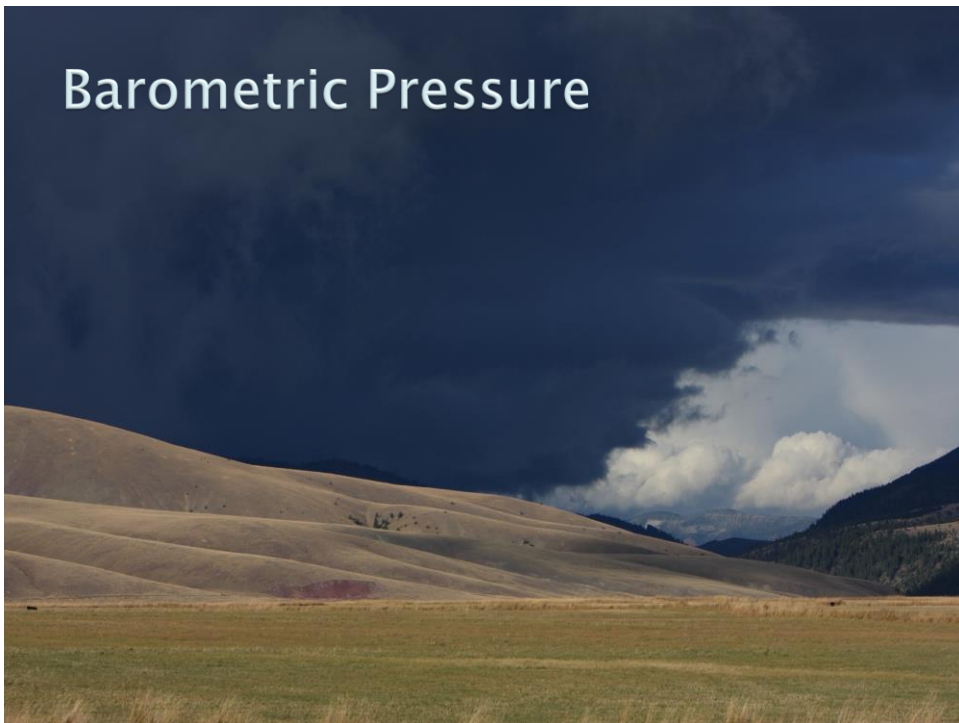
- ▶ **Phase 5 Rapid Eye Movement (REM)**
- ▶ ↑ protein production
- ▶ When brain forms neural connections
- ▶ Learning and formation of memories
- ▶ Lack of REM can cause anxiety, irritability, hallucinations, and difficulty concentrating.
- ▶ If a person goes 21 days without REM sleep they become clinically psychotic.



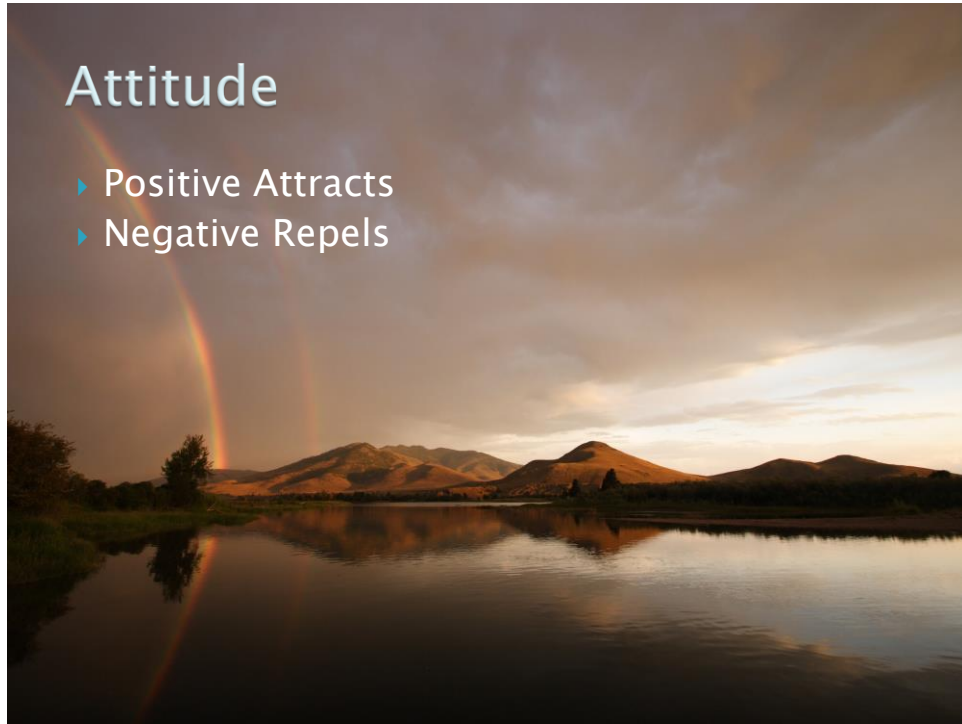












Attitude

- ▶ Positive Attracts
- ▶ Negative Repels

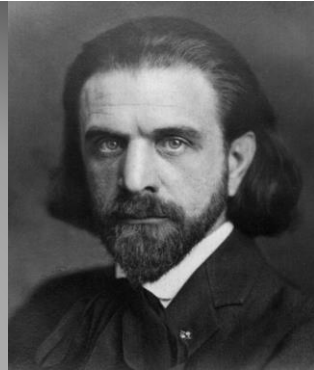


Fruits of the Spirit



Joy

- ▶ “Healing is a process afforded to you by your Creator and is above and beyond the control of man. Your Chiropractor does everything possible to help Innate heal—but he cannot heal nor can anyone else produce healing for you. When the right adjustment is made, Innate goes to work. You feel the results when dis-ease turns to ease.”





Peace



Patience







Self Control

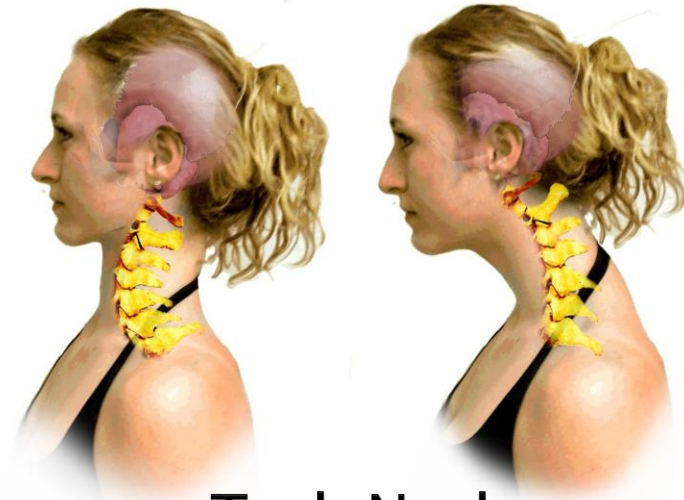


TECH NECK

*Technology is great,
but it can be a pain in
the neck....literally*



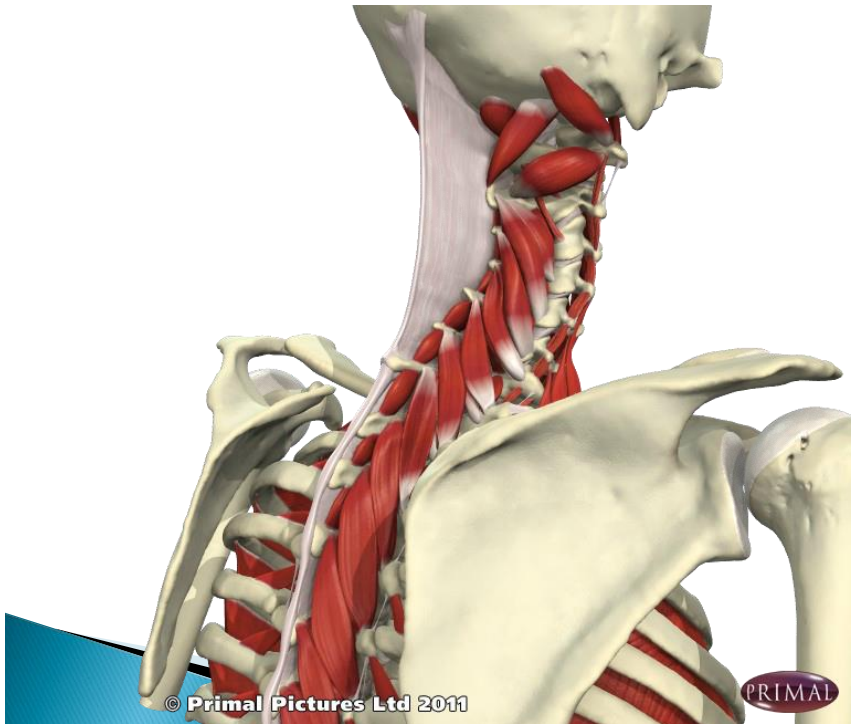




Tech Neck

Tech Neck is an overuse syndrome or a repetitive stress injury, where your head leans forward and down, looking at technology (cell phones, computers, e-readers etc) for extended periods of time.





Symptoms of *Tech Neck*

- ▶ Headaches
- ▶ Tightness of shoulders and upper back
- ▶ Neck pain
- ▶ Numbness/tingling in arms and hands

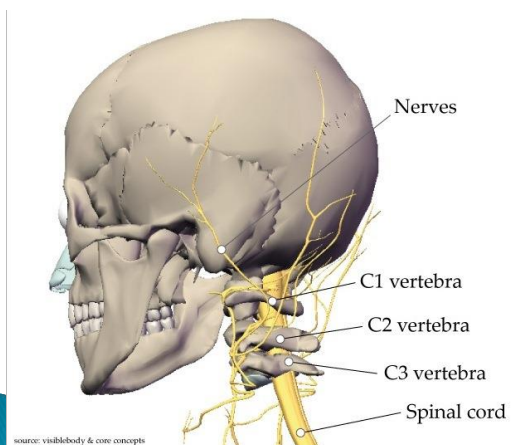


What causes *Tech Neck*?

- ▶ Subluxation/Misalignment of upper neck
- ▶ Frequent use of mobile devices
- ▶ Poor posture
- ▶ Prolonged computer use
- ▶ Reading in bed
- ▶ Falling asleep in a chair



Subluxation of Atlas

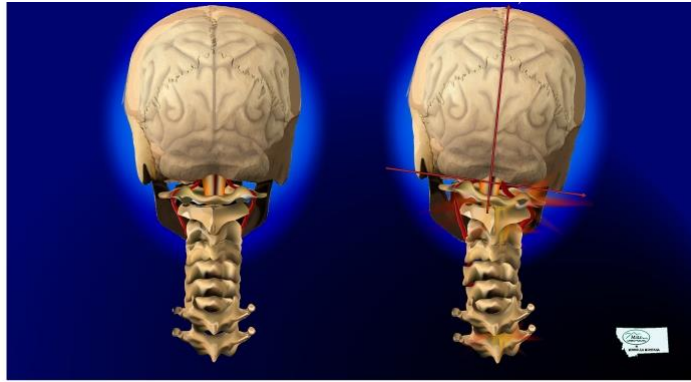


Used to be sole cause of forward head posture.

Most important joint, least understood.

Only evaluated medically, if fractured.

Subluxation of Atlas

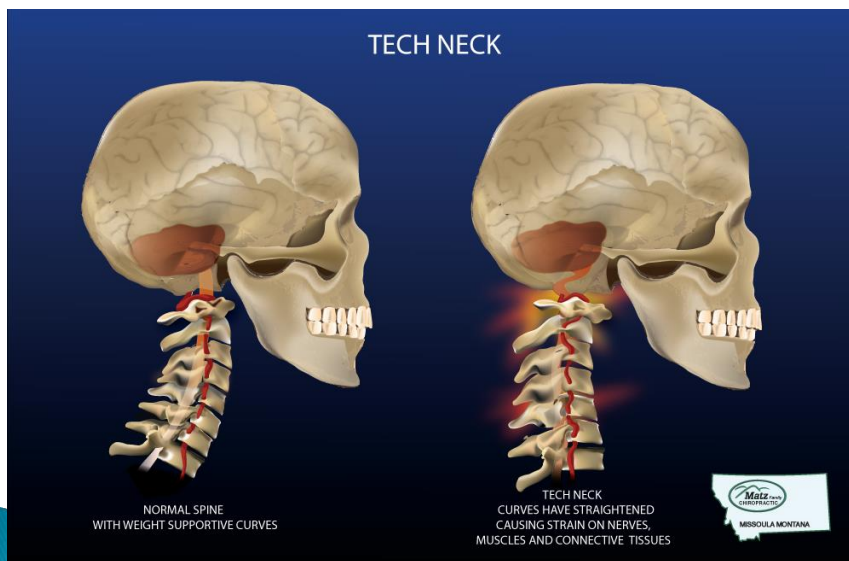


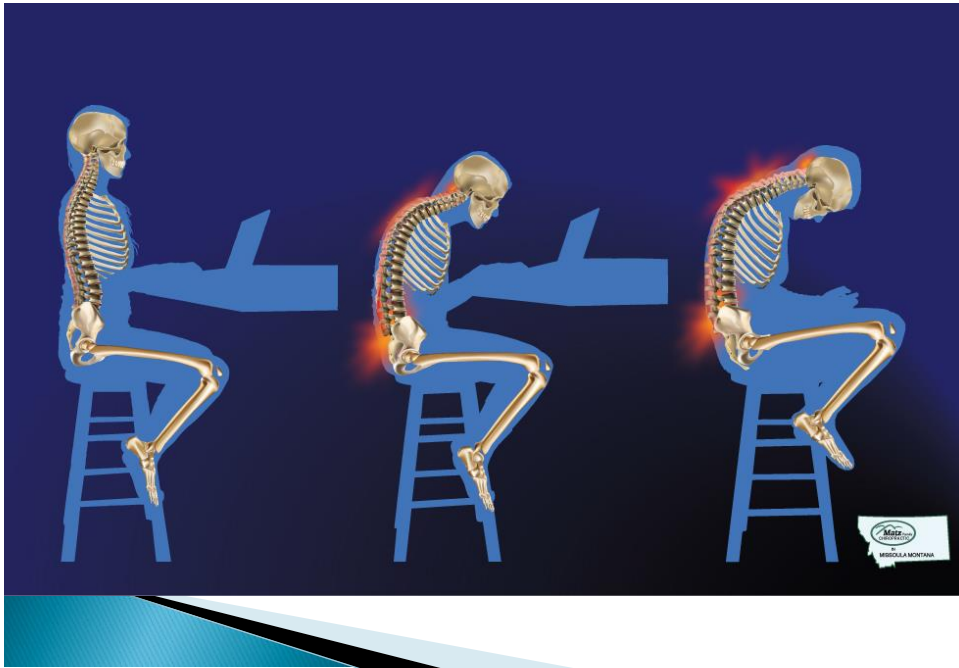
Frequent use of mobile devices



Frequent use of mobile devices

- ▶ *Tech Neck* is now commonly seen, not only in the middle aged and elderly, but in teens and children.





Normal Neck

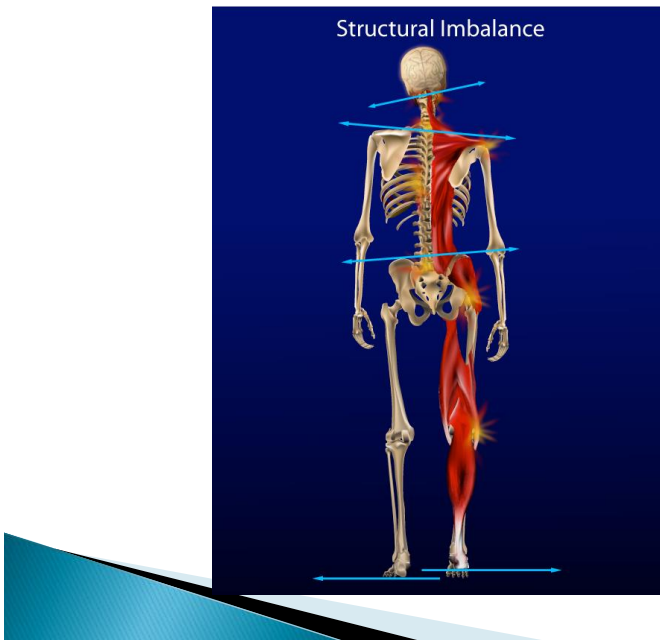
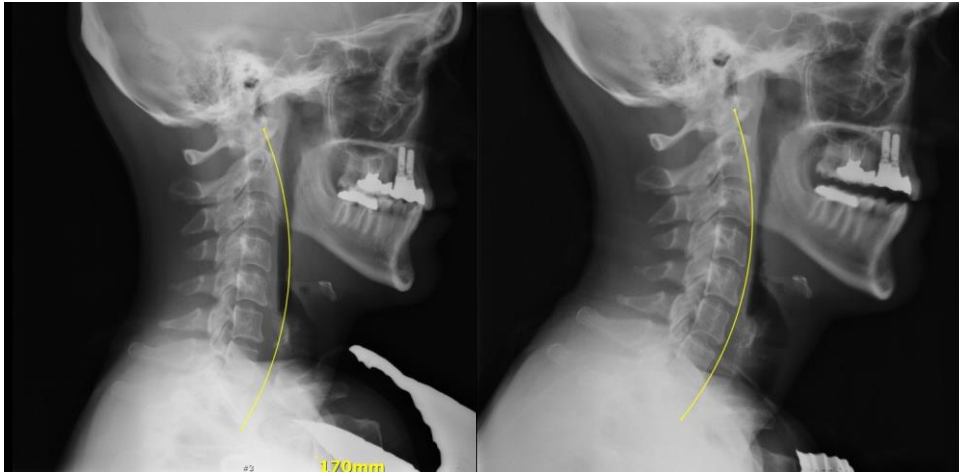
Tech

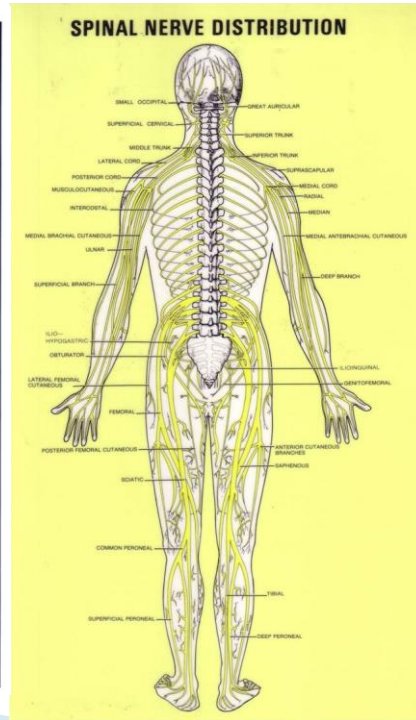
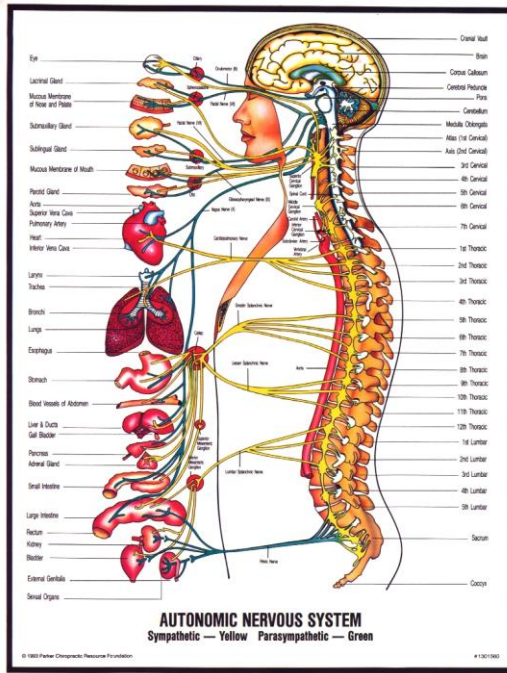


Subluxation of the Atlas

▶ After car accident

1 year later





Medical Research

- ▶ Several studies addressed the correlation between FHP (positive sagittal balance) and overall health and symptoms. All measures of health status decreased proportionately to the amount of FHP.

–Correlation of radiographic parameters and clinical symptoms in adult scoliosis. Spine 2005

–The Impact of Positive Sagittal Balance in Adult Spinal Deformity. Spine 2005

Prevention and Home Care

- ▶ It's impossible to avoid technology, but using these tips can help make it safer.



Accountability/Availability

- ▶ 1. Skin Disorders
- ▶ 2. Joint Pain
- ▶ 3. Back Problems
- ▶ 4. Cholesterol Problems
- ▶ 5. Upper Respiratory Illnesses
- ▶ 6. Anxiety
- ▶ 7. Chronic Neurological Disorders
- ▶ 8. High Blood Pressure
- ▶ 9. Headaches
- ▶ 10. Diabetes

10 Most Common Reasons People See a Doctor



Results

- ▶ [Cycling](#)
- ▶ [Football](#)
- ▶ [Basketball](#)
- ▶ [Paragliding](#)



Relationships







