

DID YOU KNOW...

a study published in 2007 found that chiropractic care may help manage blood pressure?



Since the early 1940s, a small group of chiropractors have chosen to specialize in the care of only the C-1 or atlas vertebra. While most chiropractors adjust the entire spine, members of the National Upper-Cervical Chiropractic Association (NUCCA) and others like them have chosen to focus purely in this one area.

Unlike the other vertebrae, which interlock one to the next, the atlas relies solely upon soft tissue (muscles and ligaments) to maintain alignment; therefore, the atlas is uniquely vulnerable to displacement. Displacement of C-1 is pain free and so typically remains undiagnosed and the health-related consequences will generally be attributed to another cause.

Minor misalignment of the atlas vertebra can potentially injure, impair, compress and/or compromise brainstem neural pathways. The relationship between hypertension and the presence of circulatory abnormalities in the area around the atlas vertebra and posterior fossa of the brain has been known for more than 40 years and manual correction of the atlas misalignment has been associated with reduced arterial pressure.

Based on the hypothesis that correcting misalignment of the atlas vertebra reduces and maintains a lower blood pressure, this study used a double blind, placebo-controlled design at a single center, 50 drug naïve or washed out patients with stage 1 hypertension were randomized to receive a NUCCA procedure or a sham procedure. Patients received no antihypertensive meds during the 8-week study. At the end of week 8, the study concluded that restoration of atlas alignment is associated with marked and sustained reductions in BP similar to the use of two-drug combination therapy.

For more information visit
www.chiro.org/research/ABSTRACTS/Atlas_Vertebra_Realignment.shtml