

Cervical curves improve with chiropractic care

Question: I was in an auto accident over one year ago and recently discovered through X-rays that my cervical curve is now straight. Can chiropractic treatment correct my loss of curve in my neck?

Answer: Chiropractic care coupled with specific rehab can assist the cervical spine in restoration of its normal curve (lordosis). Whiplash injuries that traumatize the cervical vertebra create a rapid forward then backward motion or totally reversed motion, each resulting in straightening of the normal curve in the neck. The cervical curve is essential to proper distribution of weight bearing and maintaining a position keeping nerve flow unimpinged as it moves through their foramen (openings). A military neck, as it is sometimes referred as, restricts motion, evokes potential headaches and chronic fatigue in the neck muscles and can result in arthritis, degeneration and herniations in the cervical discs.

There is a very specific spinal rehab system that is imperative to restoration of the cervical curve. Adjusting the spinal segments for realignment is a given, but more importantly correcting the damaged supporting soft tissue results in healing and re-establishing a proper curve. Muscles support curves and hold them in place. The muscles that support spinal structure are slow responding; postural muscles and they require isometric exercises to heal. Loss of lordosis over time also creates muscle spasms and soft-tissue adhesions known as scar tissue.

In order to effectively achieve lordotic restoration, the spine must gain intersegmental motion. The damaged soft tissues however are preventing that

motion and spinal adjustments must include supportive therapy, muscle re-education, and isometric strengthening protocols for the cervical curve to be restored.

Quote of the week: *“The intensity of your desire governs the power with which the force is directed.”* – John McDonald