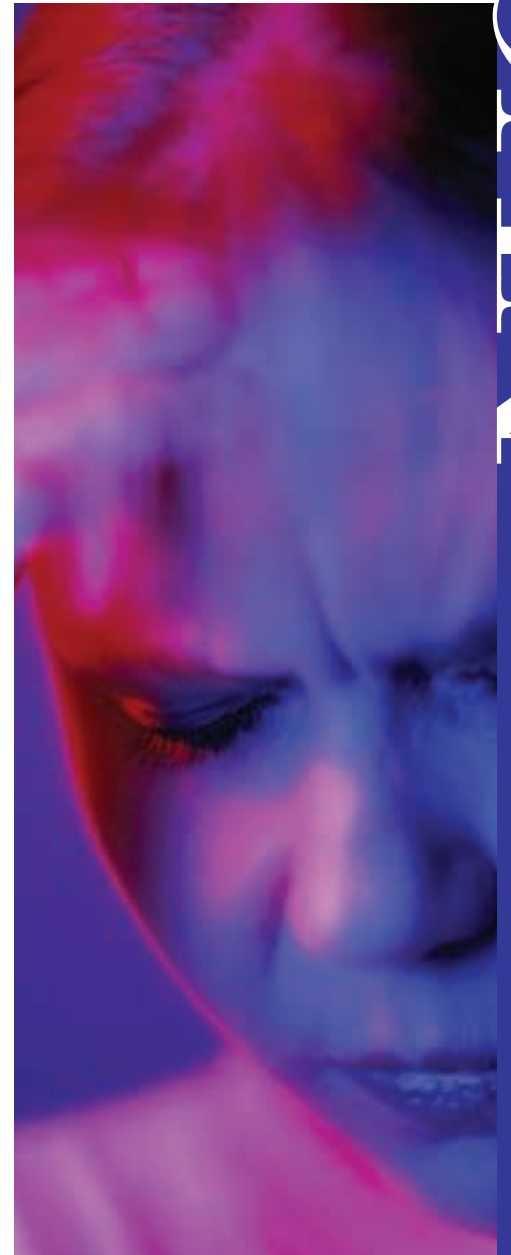


From something so natural as the birth process to something as unnatural as an auto accident, many outside forces can cause the spine to be misaligned.

How Did I Get This Way?

NUCCA



National Upper Cervical  
Chiropractic Association, Inc.  
121 W. Locust St., Suite 208, Davenport, Iowa 52803  
1-563-322-7486  
[www.nucca.org](http://www.nucca.org)

## Shifting the Balance

Accidents that tear loose ligaments that hold the spinal bones together create a weakness for the spine to misalign.

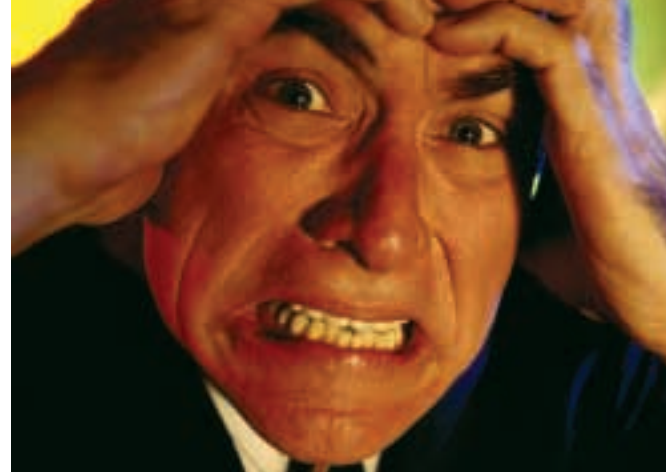
Because of the close relationship between the spine and the nervous system, good spinal balance is critical for good health. If the head shifts, for any reason, our body will naturally compensate.

With injury or stress, the muscles in the back will tighten and the pelvis will also shift in order to be as closely aligned with the head as possible. The body and spine become distorted and locked into a stressed posture.

Misalignment of the spine can come from many sources. Have you ever experienced any of these activities?

- sports activities – skiing, golf, tennis, racquetball, basketball
- daily activities – housework, laundry, changing a bed
- getting in and out of the car
- lifting/carrying groceries
- sleeping
- working at desk/computer
- sitting in school
- labor work
- gardening
- shoveling snow

Amazingly, the body will continue to function even when the spine is misaligned. But it will not function as well as possible and a variety of health problems can arise. Since we are all vulnerable to accidents and stresses that may cause the spine to misalign, it is important to be well educated about spinal care and how to regain healthy balance. A misaligned spine is extremely susceptible to further injury. Periodic check-ups help avoid a relapse.



## Who me, stressed?

Almost anything can add stress to our spinal column. Motor vehicle accidents, a serious fall, degenerative diseases, and even just living with gravity can alter our spinal alignment. With so many options available today it's tough to know where to turn for corrective and preventative care. That's where NUCCA comes in...

In order to fully recover and stabilize, you must maintain your correction. To achieve this goal, here are some basic guidelines to follow during your initial days of healing. Following these guidelines can assist greatly in you maintaining your correction.

- Avoid strenuous activities and sports
- Schedule in plenty of rest
- Avoid any sudden or jarring movements
- Refrain from other procedures on your head and neck until your initial correction has stabilized.

### Common Problems associated with spinal misalignment

Nervous Tension	Headaches	Seizures	Lower Back Pain
Arm Pain	Stiffness	Depression	Knee Pain
Loss of Sleep	Numbness	Chronic Infection	Shoulder Pain
Fatigue	Sinus Problems	Child Dlvp. Problems	Tight Muscles
Hip Pain	Allergies	Muscle Spasms	

Your correction will need to be monitored by your NUCCA chiropractor during this initial healing process to accurately assess your progress. While you must make a solid commitment to take charge of your own health, remember that your doctor is available to help. Whether through educational programs, additional written information or just an encouraging word, you can count on your doctor to be knowledgeable, understanding and helpful.

**Please contact your local NUCCA Doctor to start relieving your pain and be on your way to healthier life.**

**Call 1-563-322-7486 or [www.nucca.org](http://www.nucca.org) for a list of NUCCA Doctors in your area.**



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