

The National Upper Cervical  
Chiropractic Association  
has developed a highly  
advanced procedure that  
is an extremely precise and  
gentle technique unlike  
any other kind of care.



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)

## A Gentle Correction

A gentle touch and controlled contact on the first vertebrae in the neck is designed to restore balance to the spine. Even though



the primary focus is the neck, the effects of the correction influences the whole spine and all body systems. This is because the NUCCA

procedure influences one of the highest control centers over body balance, the brain stem and central nervous system.

The C-1 vertebrae, also known as the Atlas, is a small donut-like bone located at the top of the spine and the base of

the skull that surrounds the brain stem. When the spine is subjected to stress it can become misaligned. This phenomenon is known as the Atlas Subluxation Complex Syndrome (ASC) or the ASC Syndrome.

## The Balancing Act

The nerves in our spinal column are very sensitive to pressure and stress. When the spine becomes misaligned sufficiently it stresses the nerves, compromises their normal impulses, and changes function throughout the body.

Nerves are responsible for four primary functions: 1. Control and regulate all vital functions including circulation, breathing and digestion. 2. Activate muscles allowing us to move. 3. Allow us to sense, perceive and feel.

4. Relate us to the world outside ourselves including learning, experiencing and behavior.

## Precise, Accurate and Small Adjustments

The upper cervical adjustment depends upon precise mathematical calculations, physics, and biomechanics. X-rays are a critical part of ensuring the spinal correction is accurate and successful. The doctor will take pre-adjustment x-rays from different angles focusing on the atlas. These x-rays determine the direction and degree of spinal misalignment and how to properly restore the spine to normal.



Pre-adjustment



Post-adjustment

**Please contact your local NUCCA Doctor and experience how it works for yourself.**

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



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)