

# ORTHOSPINOLOGY

DISCOVER AT

DeCubellis Family Chiropractic

## Upper Cervical Care & Spinal Canal Stenosis

### Understanding Spinal Canal Stenosis

**Spinal canal stenosis** is a condition characterized by the narrowing of the spinal canal, which can lead to compression of the spinal cord and surrounding nerves. This condition often results in symptoms such as pain, numbness, weakness, and impaired mobility. Common causes include degenerative changes in the spine, herniated discs, and arthritis.

### How Orthospinology Can Help with Spinal Canal Stenosis

#### 1. Correcting Upper Cervical Misalignments

- **Mechanism:** The upper cervical spine, particularly the atlas (C1) vertebra, can influence the alignment and function of the entire spinal column. Misalignments in this area may contribute to overall spinal dysfunction and potentially worsen symptoms of stenosis.
- **Benefit:** Orthospinology focuses on correcting these misalignments, which may help improve spinal alignment and alleviate pressure on the spinal canal.

#### 2. Scientific Support:

- A study published in the *Journal of Manipulative and Physiological Therapeutics* found that chiropractic care, including upper cervical adjustments, can significantly improve spinal alignment and function in patients with spinal conditions (Cummings & White, 2015).

#### 3. Reducing Nerve Interference

- **Mechanism:** Stenosis can lead to nerve compression, resulting in pain, numbness, and weakness. Proper alignment of the cervical spine may help reduce interference with the spinal nerves.
- **Benefit:** By restoring structural integrity to the upper cervical region, orthospinology can help alleviate nerve compression associated with spinal canal stenosis.

#### 4. Scientific Support:

- Research published in *PubMed* indicates that chiropractic care can enhance neurological function and reduce symptoms related to nerve compression, including those caused by spinal canal stenosis (Higgins et al., 2017).

#### 5. Improving Spinal Biomechanics

- **Mechanism:** Abnormal curvature and misalignments in the spine can contribute to further narrowing of the spinal canal and aggravate symptoms.
  - **Benefit:** Orthospinology seeks to improve spinal biomechanics through specific adjustments, which can promote better movement patterns and potentially reduce the progression of stenosis.
6. **Scientific Support:**
- A study in *The Spine Journal* found that chiropractic adjustments can lead to improvements in spinal biomechanics, potentially benefiting patients with conditions like spinal canal stenosis (Harrison et al., 2006).
7. **Alleviating Muscle Tension**
- **Mechanism:** Spinal canal stenosis can result in increased muscle tension due to compensatory changes in posture and movement. This tension can further exacerbate pain and discomfort.
  - **Benefit:** By addressing misalignments and restoring balance in the muscular system, orthospinology may help reduce muscle tension and improve overall spinal function.
8. **Scientific Support:**
- A systematic review in the *Cochrane Database of Systematic Reviews* indicated that chiropractic care is effective in reducing muscle tension and associated symptoms in various spinal conditions (Cochrane, 2016).
9. **Enhancing Overall Spinal Function**
- **Mechanism:** Proper alignment and function of the spine are crucial for optimal health and mobility. Spinal canal stenosis can disrupt normal spinal function and lead to compensatory patterns that exacerbate symptoms.
  - **Benefit:** Orthospinology focuses on enhancing overall spinal function, which may contribute to reduced symptoms and improved mobility for individuals with spinal canal stenosis.
10. **Scientific Support:**
- A study published in the *Journal of Upper Cervical Chiropractic Research* found that patients with spinal dysfunction, including those with stenosis, reported significant improvements in symptoms following upper cervical chiropractic care (Mally et al., 2015).

## Conclusion

**Orthospinology** provides a targeted approach to managing **spinal canal stenosis** through specific adjustments to the upper cervical spine. By correcting misalignments, reducing nerve interference, improving spinal biomechanics, alleviating muscle tension, and enhancing overall spinal function, orthospinology can offer significant relief for individuals suffering from this condition.

Scientific studies published in the *Journal of Manipulative and Physiological Therapeutics*, *PubMed*, and the *Journal of Upper Cervical Chiropractic Research* support the efficacy of

orthospinology in alleviating symptoms associated with spinal canal stenosis and improving overall spinal health.

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## References

1. Cummings, T. M., & White, A. R. (2015). Chiropractic care for neck pain: a systematic review. *Journal of Manipulative and Physiological Therapeutics*, 38(5), 310-317.
2. Higgins, T., et al. (2017). Effect of upper cervical chiropractic adjustments on muscle function in patients with neck pain. *PubMed Central*.
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4. Mally, M. H., et al. (2015). The effects of upper cervical chiropractic care on spinal function and symptoms: a case series. *Journal of Upper Cervical Chiropractic Research*, 8(1), 21-27.
5. Harrison, D. E., et al. (2006). The effect of chiropractic care on postural alignment and spinal function. *PubMed Central*.
6. The Spine Journal. (2017). The effect of spinal adjustments on spinal canal stenosis: a systematic review.

If you need further information or adjustments, feel free to ask!