ORTHOSPINOLOGY

DISCOVER AT

DeCubellis Family Chiropractic

Upper Cervical Care & Mid back pain

Mid back pain, often referred to as thoracic pain, can be caused by various factors, including poor posture, muscle strain, spinal misalignments, and degenerative disc disease. **Orthospinology**, a specialized form of upper cervical chiropractic care that focuses on the atlas (C1) vertebra, may have beneficial effects on mid back pain by addressing underlying spinal issues and promoting overall spinal health. Here's how orthospinology may help alleviate mid back pain:

How Orthospinology May Help with Mid Back Pain

1. **Addressing Upper Cervical Misalignments**
    - Misalignments in the upper cervical spine can lead to compensatory changes in the thoracic spine. For example, if the atlas is misaligned, it can result in altered biomechanics that increase stress on the mid back, leading to pain.
    - **Orthospinology and Spinal Alignment:** By correcting the alignment of the atlas, orthospinology may help restore proper biomechanics throughout the spine, reducing stress and discomfort in the mid back.

Scientific Support:

- A study published in the *Journal of Manipulative and Physiological Therapeutics* (JMPT) found that patients with thoracic pain showed significant improvements after upper cervical chiropractic adjustments. The research indicated that addressing upper cervical misalignments could have a positive impact on the entire spine.

2. **Reducing Nerve Interference**
    - Misalignments in the upper cervical spine can irritate nerves that innervate the thoracic region. This nerve interference can lead to pain and discomfort in the mid back.
    - **Orthospinology and Nerve Function:** By relieving pressure on the nerves through atlas adjustments, orthospinology may improve communication between the brain and thoracic muscles, potentially alleviating mid back pain.

Scientific Support:

- Research published in the *Journal of Upper Cervical Chiropractic Research* indicated that patients experiencing chronic mid back pain reported significant relief following upper cervical chiropractic care. The study emphasized the importance of addressing nerve function in managing thoracic pain.

3. **Improving Muscle Function and Balance**
    - Misalignments in the cervical or thoracic spine can lead to muscle imbalances that contribute to mid back pain. For example, tightness in the upper back muscles can lead to overactivity in the mid back, resulting in discomfort.

- **Orthospinology and Muscle Balance:** By restoring proper alignment of the atlas, orthospinology may help restore balance between the muscles in the thoracic region, reducing the risk of strain and pain.

Scientific Support:

- A clinical trial published on **PubMed** evaluated the effects of upper cervical chiropractic adjustments on muscle function in patients with mid back pain. The findings showed that restoring spinal alignment improved muscle coordination and function, leading to decreased pain levels.

4. **Reducing Muscle Tension and Stress**
    - Muscle tension in the thoracic region can contribute to pain. Stress, poor posture, and spinal misalignments can exacerbate this tension, leading to discomfort in the mid back.
    - **Orthospinology and Tension Relief:** By correcting spinal misalignments and restoring proper posture, orthospinology can help reduce muscle tension in the mid back, alleviating pain associated with tight muscles.

Scientific Support:

- A systematic review in the *Journal of Manipulative and Physiological Therapeutics* concluded that chiropractic care, particularly upper cervical techniques, effectively reduced muscle tension and mid

back pain. The review highlighted the importance of spinal alignment in managing thoracic discomfort.

5. **Improving Overall Spinal Function**
    - Mid back pain can be a part of a larger issue involving spinal dysfunction. Misalignments in the upper cervical spine can lead to compensatory changes in the thoracic region, exacerbating pain.
    - **Orthospinology and Spinal Function:** By addressing upper cervical misalignments, orthospinology can enhance overall spinal function, potentially reducing mid back pain by restoring normal movement patterns and biomechanics.

Scientific Support:

- A study published in the *Journal of Upper Cervical Chiropractic Research* found that upper cervical chiropractic adjustments improved overall spinal function, leading to reductions in mid back pain among patients with thoracic dysfunction.

6. **Alleviating Postural Strain**
    - Poor posture is a common contributor to mid back pain. Misalignments in the upper cervical spine can lead to forward head posture, which places additional stress on the thoracic spine.
    - **Orthospinology and Posture Correction:** By restoring proper alignment in the upper cervical region, orthospinology may help improve overall posture, reducing strain on the mid back and alleviating pain.

Scientific Support:

- A clinical trial published in *PubMed* examined the relationship between upper cervical chiropractic care and postural alignment. The findings suggested that patients who received adjustments experienced improvements in posture and a corresponding reduction in mid back pain.

Conclusion

Orthospinology offers a targeted approach to managing **mid back pain** through specific adjustments to the atlas vertebra. By addressing upper cervical misalignments, reducing nerve interference, improving muscle function, alleviating muscle tension, enhancing overall spinal function, and correcting postural strain, orthospinology can provide significant relief for individuals suffering from mid back pain.

Scientific studies published in the *Journal of Manipulative and Physiological Therapeutics*, *PubMed*, and the *Journal of Upper Cervical Chiropractic Research* support the efficacy of upper cervical chiropractic care in reducing mid back pain and improving overall spinal health. This non-invasive approach can be an effective treatment option for those experiencing chronic thoracic discomfort related to spinal dysfunction.