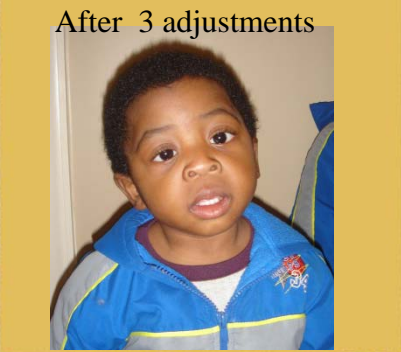


We will always have time for you. to listen, to explain, to offer hope.

Cervical Dystonia sufferers find relief with upper cervical chiropractic care



Many people aren't aware of the relationship between upper cervical (neck) trauma and cervical dystonia (spasmodic torticollis.) With all that modern science has accomplished, there are still more unanswered questions than answered ones. This is also true in the case of dystonia research. It's been difficult to pinpoint the exact reason(s) why certain people suffer from cervical dystonia; however, research is beginning to point toward upper cervical trauma as an underlying cause.

The upper cervical area of the spine refers to the two vertebrae located at the top of the spine, directly underneath the head. C1 (known as Atlas,) along with C2 (known as Axis,) are chiefly responsible for the rotation and flexibility of the head and neck. Like the rest of the vertebrae, they are extremely vulnerable to injury and trauma, especially trauma to the head through auto or sporting accidents.

Because so many nerves transmit through the cervical region (to and from the brain,) trauma to this area results in problems throughout the body. This is where the relationship between the upper cervical area and cervical dystonia becomes evident. If these vertebrae become displaced, even slightly, the muscle spasms and pinched nerves typical of cervical dystonia can occur. Unless the neck injury is addressed, the dystonia symptoms persist.

Chiropractic care involves correcting the position of these injured cervical vertebrae, particularly C1 and C2. Realigning these vertebrae may reduce or eliminate cervical dystonia. Cervical dystonia affects the neck and sometimes the shoulders. Symptoms include involuntary contraction of the neck muscles, causing abnormal movements and awkward posture of the head and neck. The movements may be sustained ("tonic"), jerky ("clonic"), or a combination. Many patients experience head tremor, hand tremor, or both. Positions of the neck include laterocollis (head tilts to the side); retrocollis (head tilts back); and anterocollis (head tilts forward.) Muscle spasms and pinched nerves in the neck may result in considerable pain and discomfort. Many cases of cervical dystonia are successfully treated with upper cervical chiropractic care. The number of treatments required per individual varies according to the severity of the cervical injury and symptoms. A first visit to a chiropractor usually involves a spinal exam and diagnostic tests such as x-rays. From there, the practitioner will determine a care plan. Patients usually notice an improvement in symptoms during the first days or weeks of treatment.

Spinal Health tip of the month:

Remember while doing your pillow rest placing a pillow under your knees while lying on your back cuts the pressure on your spine roughly in half.

Camden County Clinic of Chiropractic
Telephone: 912-576-1234
775-A Kings Bay rd Saint Marys GA 31558
WWW.CAMDENCOUNTYCHIRO.COM

Upcoming Events

March 5th we will be at the Mardi Gras festival
in St. Marys GA

March 19th The Kingsland Auto Show from
9am to 4pm

March 18th through 21st we will be out of the
office.

Patient Orientation Class:

Tuesday March 1st, 8th, 15th, and 22nd and 29th at
6:00 PM

Happy Birthday to all of our Patients for the
month of February!!

Marcia Evans, Francis Legner, Melisa Yates, Elyssa
Yates, Conor Sanda, Rachel Haynie, Chase Crider,
Lee Hagner, Aaron Alexander, Shirley Fountain,
Dorris Maye, David Rayson, Mike Helton, Jannette
Douglas, Georgia Drane, Brian Anderson, Jennifer
Reynolds

Happy Birthday!!!

If you wait 'till pain overcomes you, your
brain is in neutral, for God does proclaim:
The body's designed to work for- not
against you and you're charged with his
gift to honorably maintain.



Patient of the month!! Diana Roberson Success!

Treatment Completed: **Subluxation
and poor health**

"My success starts out with having
subluxation. When I first came to Dr.
Shiels the spinal test showed that I
was misaligned, but with treatment
from Dr. Shiels and the healing power
of the lord working together, my
body has made a dramatic change.
I feel better and healthier. I thank
god for allowing dr. Shiels and his
lovely staff that worked with me so
patiently would recommend this
chiropractor to anyone. Thank god
for this man. I finally found the
success I needed concerning my
health. Thank you Dr. Shiels!"