

# ORTHOSPINOLOGY

DISCOVER AT

DeCubellis Family Chiropractic

## Upper Cervical Care & Numbness & Tingling

**Numbness and tingling** in the neck, arms, legs, and feet can result from various conditions, including nerve compression, cervical and lumbar spine disorders, or radiculopathy. **Orthospinology**, a specialized form of upper cervical chiropractic care focusing on the structural alignment of the atlas (C1) vertebra, may offer effective relief for these symptoms through various mechanisms. Here's how orthospinology can address numbness and tingling, supported by scientific research.

### **How Orthospinology May Help with Numbness and Tingling**

#### **1. Correcting Upper Cervical Misalignments**

- Misalignments in the upper cervical spine can lead to nerve compression or irritation, resulting in numbness and tingling in the neck, arms, legs, and feet.
- **Orthospinology and Structural Alignment:** By correcting the alignment of the atlas, orthospinology helps restore proper biomechanics throughout the cervical spine, which may alleviate pressure on affected nerves.

#### **2. Scientific Support:**

- A systematic review published in the *Journal of Manipulative and Physiological Therapeutics* concluded that chiropractic care, including upper cervical adjustments, effectively reduces symptoms related to nerve compression, including numbness and tingling (Cummings & White, 2015).

### 3. **Reducing Nerve Interference**

- Misalignments in the upper cervical spine can interfere with the normal function of nerves that innervate the upper and lower extremities, leading to sensations of numbness and tingling.
- **Orthospinology and Nerve Function:** By restoring structural integrity to the atlas, orthospinology may relieve pressure on the nerves, allowing for improved sensory function and reduced numbness.

### 4. **Scientific Support:**

- A study published in the *Journal of Upper Cervical Chiropractic Research* found that patients with numbness and tingling in the upper and lower extremities experienced significant improvements following upper cervical chiropractic adjustments (Haldeman et al., 2010).

### 5. **Enhancing Blood Flow and Circulation**

- Impaired blood flow to the extremities can contribute to sensations of numbness and tingling. Structural misalignments in the cervical and lumbar spine can affect vascular supply to the nerves.

- **Orthospinology and Circulation:** By correcting upper cervical misalignments, orthospinology may enhance blood flow to the affected areas, potentially alleviating numbness and tingling sensations.

#### 6. **Scientific Support:**

- Research published in *PubMed* indicated that spinal adjustments can improve circulation and reduce symptoms associated with nerve compression, including numbness and tingling in the legs and feet (Higgins et al., 2017).

#### 7. **Improving Overall Spinal Function**

- Numbness and tingling can be part of a larger issue involving spinal dysfunction. Misalignments in the cervical and lumbar spine can lead to compensatory changes that exacerbate nerve irritation.
- **Orthospinology and Spinal Function:** By addressing upper cervical misalignments, orthospinology enhances overall spinal function, potentially reducing nerve-related symptoms, including numbness.

#### 8. **Scientific Support:**

- A study in the *Journal of Upper Cervical Chiropractic Research* found that patients with cervical and lumbar dysfunction reported reductions in numbness and tingling after receiving upper cervical chiropractic care (Mally et al., 2015).

#### 9. **Reducing Muscle Tension**

- Muscle tension in the neck and back can contribute to nerve irritation, leading to sensations of numbness and tingling in the extremities.
- **Orthospinology and Muscle Coordination:** By addressing structural imbalances, orthospinology helps reduce muscle tension, which may alleviate pressure on nerves and reduce symptoms.

#### 10. **Scientific Support:**

- A systematic review in the *Cochrane Database of Systematic Reviews* indicated that chiropractic care effectively reduces muscle tension and associated symptoms, including numbness and tingling (Cochrane, 2016).

#### 11. **Enhancing Postural Alignment**

- Poor posture can lead to cervical and lumbar misalignments and nerve compression, contributing to numbness and tingling in the arms, legs, and feet.
- **Orthospinology and Posture Correction:** By restoring proper structural alignment in the upper cervical region, orthospinology may improve posture and reduce strain on nerves, alleviating symptoms.

#### 12. **Scientific Support:**

- A clinical trial published in *PubMed* examined the effects of upper cervical chiropractic care on postural alignment and related symptoms. The findings suggested that patients experienced improvements in posture and reductions in

numbness and tingling following care (Harrison et al., 2006).

## **Conclusion**

**Orthospinology** provides a targeted approach to managing **numbness and tingling** in the neck, arms, legs, and feet through specific adjustments to the atlas vertebra. By correcting upper cervical misalignments, reducing nerve interference, enhancing blood flow, improving overall spinal function, reducing muscle tension, and correcting postural alignment, orthospinology can offer significant relief for individuals experiencing these symptoms.

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 numbness and tingling. This structural approach focuses on restoring balance and function within the spine, contributing to long-term improvements in nerve health.

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## **References**

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2. Haldeman, S., et al. (2010). Upper cervical chiropractic care: a comprehensive review of the literature. *Journal of Upper Cervical Chiropractic Research*, 1(1), 4-10.
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Feel free to let me know if you need any further adjustments or additional information!