

# Preface

This text will provide the student, practitioner, and researcher with a comprehensive synopsis of the literature regarding the upper cervical subluxation complex and its relationship to neurological integrity and the health of patients. An intensive review of relevant chiropractic, medical, and osteopathic literature, this is a definitive resource for chiropractors and others interested in improving their knowledge of clinical manifestations related to dysfunction in this spinal region. In this reference text, the reader will find quotes from and reviews of over 1,200 research papers, books, and presentations; and more than 400 illustrations and images will help the reader conceptualize this abundance of information. Over 90% of the reviewed research papers are from peer-reviewed and indexed sources. Topics range from a review of upper cervical anatomy and physiology to clinical analyses of spinal corrective care.

The scientific and clinical rationale for orthogonally-based upper cervical care (and other methods) is presented, making a compelling case for this being a chiropractic specialty. The procedures involved have been around for over 50 years, but they have not been fully understood or properly evaluated by either the chiropractic or medical professions at large. This type of care is supported by over 100 peer-reviewed, indexed references, as well as unparalleled gentleness and safety. The quantification of the subluxation and its assessment enables the spinal adjustments to be reproduced from one doctor to the next. Indeed, the nature of this care allows it to be fine-tuned to satisfy the individual needs of patients and usually results in fewer visits to achieve therapeutic goals. However, this reference is not an elaborate technique textbook; rather, *Upper Cervical Subluxation Complex: A Review of the Chiropractic and Medical Literature* provides the “why” as opposed to just the “how” of upper cervical specific care.

The format and treatment of this book permits its use as a text, a reference, an atlas, or a guide. The first half of the book focuses on anatomy and neurophysiology, exploring the theme that “structure dictates function.” The second half shifts the focus to clinical procedures and related issues. The insights that this book provides into the role of the occipito-atlanto-axial subluxation complex in establishing accurate spinal conformation and the role that proper spinal alignment plays in maintaining quality of life issues may bring about a paradigm shift in our understanding of many health problems. The extensive clinical reports will open the eyes of many in the medical and chiropractic professions to the fact that the upper cervical specific procedures are not only safe and effective, but they are also inspiring research that is opening a new chapter in our understanding of health and well-being. This textbook attempts to show the integration and mutual dependency of the science, art, and philosophy of upper cervical chiropractic care.

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