

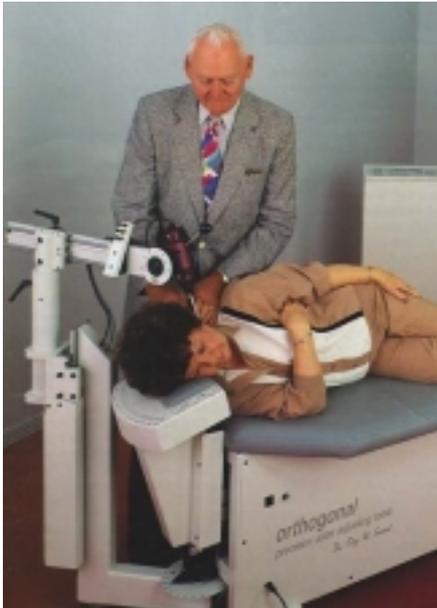


UPPER CERVICAL TECHNIQUES

ATLAS ORTHOGONAL – Dr. Roy Sweat

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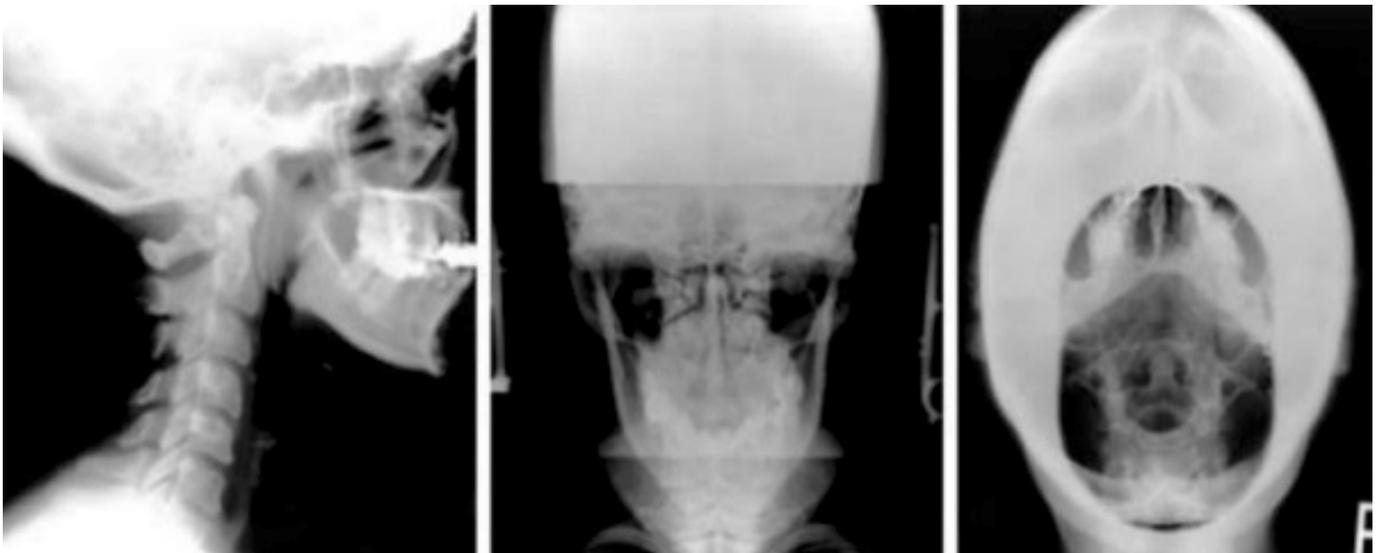
www.atlasorthogonality.com



The first UpC approach, which I will summarise, is that which was pioneered and developed by Dr. Roy Sweat pictured here with his adjusting instrument, the Sweat Percussion Instrument, which imparts a percussion (sound wave) to make the atlas adjustment. This UpC approach is one of the first UpC approaches I came across in my research and is known as Atlas Orthogonal (AO). Like many orthogonal UpC techniques it has its roots in the Grostic measurement system and the adjustment technique is an evolution of B.J. Palmer's Hole in One toggle recoil adjusting technique. I have personally found it to be an amazing experience and having witnessed first hand many people, children and adults alike, improve dramatically within minutes to hours of an adjustment, I have no doubt that this UpC chiropractic approach will continue to provide many suffering people wonderful relief from chronic illnesses. This is probably the easiest adjustment technique to explain to people. When explaining it I always use the example of ultrasound. Most people know what ultrasound is and would have no qualms about submitting themselves to an

ultrasound examination. They feel nothing when the ultrasound wave is turned on and used to examine their anatomy. Likewise, patients of the AO chiropractor will feel mostly nothing when the Sweat percussion instrument is activated, and their atlas is adjusted. This is so gentle that in many cases patients can doubt any adjustment is performed, and might ask the AO doctor, "Did you do anything?" or "Is that it?" The atlas adjustment is so gentle that you would actually feel more if someone was to **'blow in your ear'**. The only things that some people do feel is a strange warm feeling or an overwhelming feeling of well being, or in really dramatic cases, complete relief of symptoms within minutes of the adjustment. My view is that the warm feeling is either an arterial release at the atlas level or immediate positive adjustments made by one's nervous system.

The Sweat AO system involves the use of a 3 main X-rays that are usually taken with the patient's head clamped in order to ensure accurate comparisons of atlas position before and after the adjustment. You will note the 3 X-ray views following. The one on the far left is the



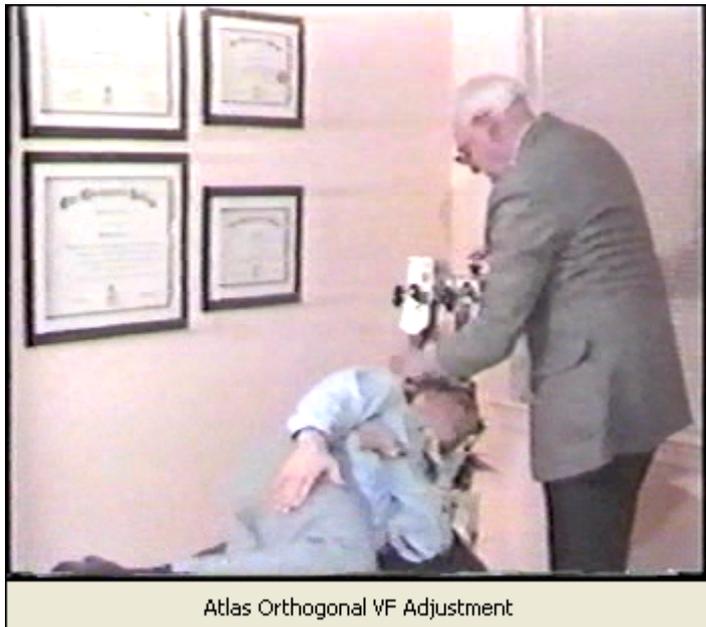
sagittal or side view, and is mostly used to acquire a lateral angle of the atlas (plane line) and to observe cervical lordosis (neck curve), the middle one is the nasium view which gives an immediate view of the alignment between the head and the neck and the position of the atlas relative to ground, and the third is the vertex view which is taken through the top of the skull and shows again the position of the atlas relative to the skull. All three views are used to calculate the angle of attack for the adjusting instrument.

From the X-rays taken and tables developed by Dr. Sweat et al, the UpC AO Doctor can accurately position the percussion instrument on the transverse process of the patient's atlas just behind their ear. Depending upon which way that patient's atlas has subluxated will determine the angle of delivery, appropriate side (right or left), and the relative position to place the instrument's stylus; that is, anterior (forward), posterior (rear), superior (above) or inferior (below) to the atlas transverse process. Once the stylus is positioned the percussion wave is activated and the percussion wave leaves the stylus at about 4 to 6 pounds force and travels to the atlas where it is only a few a force of a few ounces. The atlas is moved and the occipital condyles of the skull reposition into the condylar articulation surfaces on the atlas. The natural human healing process then begins.

AO MOVIE

To show the effectiveness of the adjustment to the atlas, Dr. Sweat had a video fluoroscopy X-ray (VF) developed. This movie (.mpeg) of the VF following is a short 50 second extraction from a longer video "Atlas Orthogonal Introduction With Fluoroscopy" by Dr. Sweat and Dr. Gary Boring. This longer video explains the AO approach and methodology in more detail. You can order a copy from the Sweat Foundation, 3274 Buckeye Road, NE, Atlanta GA 30341, USA.

To view this adjustment technique and its affect of the atlas, play this movie "Atlas Orthogonal VF Adjustment."



Comment from a Medical Doctor on Atlas Orthogonal Chiropractic

"I am saddened by the thousands, and probably millions, of patients that have problems that could be helped by Atlas Orthogonal Chiropractic care, but don't know that it exists. We want every single patient we have under care to have his or her spine examined by an Atlas Orthogonal Chiropractor. If the alignment is wrong, the nervous system is not going to work well no matter how good their nutrition is they are not going to be able to assimilate that nutrition sufficiently. **The majority of cancer cases we see have overt cervical spinal problems**, even the ones who don't have a history of spinal trauma."

Dr. Nicholas Gonzales, MD, Immunologist, Cancer Specialist