



Universal Health™



## Hole In One Technique

A Chiropractic method whereby a perfect adjustment in the upper cervical region of the neck (the atlas) causes everything else to “fall into place.”

Your spine houses and protects the spinal cord, the “switchboard” of the nervous system through which 120 trillion nerve fibres pass from the brain to different parts of the body. When injury, posture problems or emotional stresses occur, the result is Vertebral Subluxations, where your vertebrae become misaligned. This may interfere with the normal function of nerves. Gentle adjustments are given to remove and unlock these subluxation complexes thus removing the cause of pain and malfunction.

## How Does it Work?

H.O.I. focuses on the atlas (the first vertebra at the top of the spine) as being the area where primary superior causative subluxation occurs. This can and often does produce misalignments of vertebrae inferior to that area. While adjustment to other vertebrae will afford temporary correction, the atlas itself needs correction to restore permanent health to the lower and inferior pathologies and facilitate correction of subluxations elsewhere in the spine.

## The Treatment

After attaining your medical history (medications, surgery, X-rays, genetic influences etc) an examination of your spine and posture is conducted. This requires you to take your place up on the examination table, fully clothed and assume various positions and postures as directed, either sitting up or lying down. Your practitioner may decide to employ H.O.I technique as the appropriate therapy to correct spinal misalignments As the atlas is partially protected from outside pressure by bony portions of the skull, special techniques have been developed for its adjustment. Your practitioner positions you on your side with your head supported on an elevated headpiece and then places the heel of one hand immediately beneath your ear on one side. Gripping the wrist of that hand with the other hand,

a thrust is applied against the side of your neck. Other methods of “adjusting the atlas,” involve rotating the skull on the atlas, or rotating the atlas by rotating the neck. Some patients experience varying symptoms (reactions), particularly after their first one or two adjustments, depending on their level of fitness. If there is a rapid change in muscle tension and you have not been very physically active, there is often a stiffening of muscles similar to that experienced after strenuous exercise. These symptoms, while they may cause a degree of discomfort, are a sign that beneficial change has taken place and may last 1 to 2 days.

## The Benefits

Improved posture and performance, increased strength, improved flexibility, greater resistance to injury, improved ability to sleep and relax, fewer aches and pains, improved tolerance to stress and general enhancement to health. Chiropractic adjustments allow the body to heal itself without drugs or surgery.

## Do You Suffer From?

Allergies, Asthma, Back ache, Carpal Tunnel, Elbow pain, Fibromyalgia, Headaches, Hip pain, Joint pain / problems, Knee pain, Lower back pain, Muscle tightness and stiffness, Neck pain, Sciatica, Shoulder pain, Sports injuries, Stress, TMJ.

## Results You Can Expect?

You may feel complete relief after only one adjustment, or it may take a few adjustments to relieve your symptoms. A healthy nervous system is vital to an active and healthy body. Restoring normal nerve function can bring relief from pain and may also benefit you in other ways, such as allowing for a better night's sleep, reducing tension and stress, and in general allow your body to function at it's full capacity.

Integrative Medicine combines the best available in Health Care in order to obtain optimum results by maximizing the body's natural healing mechanisms.

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Restore + Sustain + Advance

