

NUCCA ADDRESSES THE UPPER CERVICAL SUBLUXATION

"Upper Cervical" refers to the region of the upper neck. We focus specifically on this region because it contains the highest density of nerves, is the most movable part of the spine, and, therefore, is the most open for injury (subluxation). Subluxations in this region can have a profound effect on the structure and function of the brain (including but not limited to mood regulation, hormone regulation, and migraines). Because of this, subluxations to the upper cervical region require specialized analysis and adjusting to correct properly.



WHAT IS NUCCA?

NUCCA stands for National Upper Cervical Chiropractic Association and is a gentle form of chiropractic in which chiropractors adjust the whole spine with a light touch (no more force than one would use on their eyelid) to the upper neck. There is no "popping", "twisting", or "cracking" and as a patient, you are in a comfortable side-lying position during the adjustment.

YOU WERE DESIGNED TO HEAL

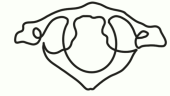
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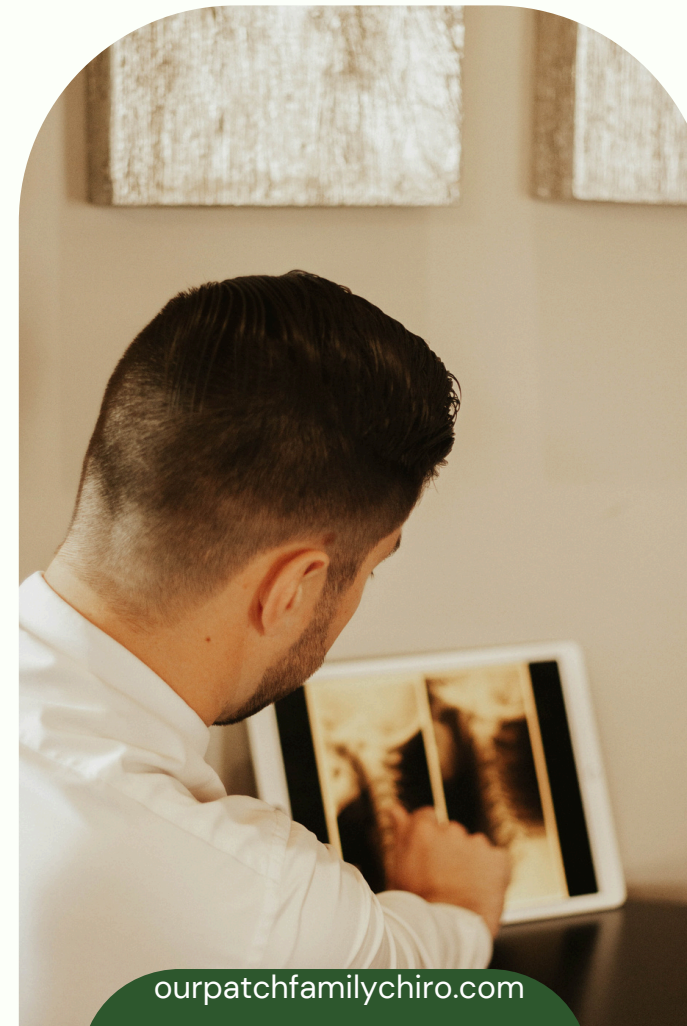
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NUCCA CHIROPRACTIC

A GENTLE APPROACH TO
WHOLE-BODY BALANCE



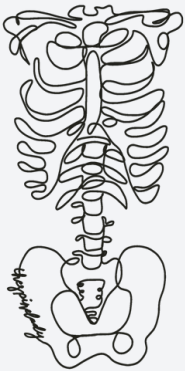
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WHO CAN BENEFIT FROM NUCCA CARE?

Anyone who wants their body to function efficiently should get checked, regardless if there are any symptoms present. Seeking care early can prevent symptoms from occurring in the future. The rebalancing created by the upper cervical adjustment reduces the amount of stress someone deals with and, therefore, the person can direct that freed energy to self-healing, maintenance and thinking.

COMMON ISSUES RESULTING FROM AN UPPER CERVICAL SUBLUXATION

- Sleep Issues
- Migraines/Headaches
- Mood Dysregulation
- Pain in various body areas, especially
 - Neck
 - Shoulders and Arms
 - Middle and Lower Back



Chiropractic care is focused solely on removing nerve dysfunction (which improves brain-body communication) so a person can de-stress, heal, and function at their highest potential. We as humans were born with an innate ability to heal. Chiropractors minimize the obstructions to that ability.

ARE X-RAYS NECESSARY?

Yes. The structures we deal with are quite complex. If you present the signs of an upper cervical subluxation, x-rays are necessary to ensure you receive the proper adjustment for your case. As we say, "to see is to know; to not see is to guess." We will not guess with your care.

ARE X-RAYS SAFE?

Yes. Modern x-ray machines are very efficient and the x-ray dosage is minimal. You get more radiation on a plane flight across the country than you do with a set of full spine x-rays.

HOW CAN SUCH LIGHT PRESSURE "ADJUST" ANYTHING?

For the same reason one is able to move a pile of heavy bricks with a light push of a wheelbarrow: leverage. Although the patient feels only a slight pressure behind their ear while being adjusted, there is adequate force being put into the neck. The doctor's contact point, direction/angle of the applied force, and the position of the patient's head all decrease the amount of required force.

IF I START CARE, WILL I HAVE TO COME IN FOR THE REST OF MY LIFE?

No, that is your personal choice. Our goal is to see you as little as possible while still achieving the desired result. It is a chiropractor's job to make sure our patients have a healthy and stable spine and nervous system. This can take time (often months), repeated visits, and varies greatly with each patient's case. Often, people who receive chiropractic care recognize the health benefits and choose a lifestyle that includes lifelong care to maintain long term spinal and nervous system health.



WHAT IS NASAL SPECIFIC TECHNIQUE?

Nasal Specific Technique, also known as Bilateral Nasal Specific (BNS) or Nasal Cranial Release (NCR), is a balloon-assisted technique that adjusts the cranial plates of your skull and improves the flow of cerebrospinal fluid to your body and the proper flow of blood to your brain. It is great for people with allergies, chronic sinusitis, headaches, and chronic congestion among other conditions.

IS NASAL SPECIFIC TECHNIQUE SAFE?

Yes. However, there are certain contraindications that exclude people as candidates for this technique. These situations will be assessed by Dr. Barwick during the nasal consultation and, if any contraindications exist, Dr. Barwick will inform you and decide how to proceed.



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MENS SANA IN CORPORE SANO
"A SOUND MIND IN A SOUND BODY"