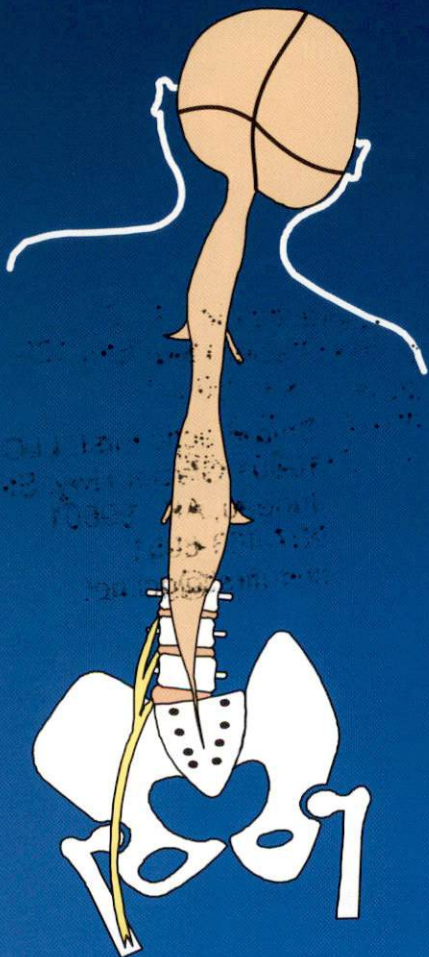


CATEGORY III



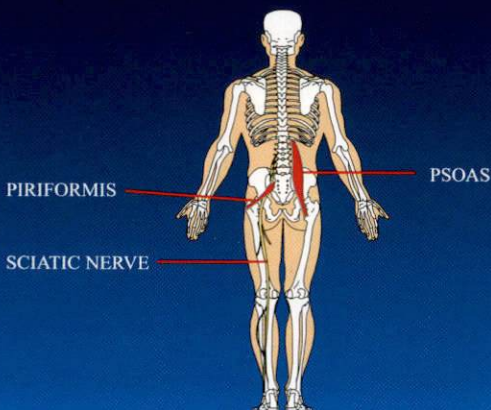
SACRO OCCIPITAL TECHNIQUE

Sacro Occipital Technique (S.O.T.) is so named because of the relationship between the Sacrum (base of the spine) and the Occiput (base of the skull). These two areas act as anchor points to the sac-like membrane (Dural Membrane) which covers the brain and spinal cord. Within this membrane and surrounding the brain and spinal cord is cerebro-spinal fluid (C.S.F.)

A very special function takes place in the human body that is absolutely essential to good health. It is the circulation throughout the nervous system of C.S.F. A minute regular rhythmic motion between the occiput and the sacrum circulates the C.S.F. around the brain and spinal cord and throughout the nervous system.

This is the circulatory system of the brain and spinal cord and its function is paramount to total health. This is called the Sacral Pump mechanism.

MUSCLE GROUPS INVOLVED IN CATEGORY III



THE MUSCLES

The muscle groups in the Category III consists of the Piriformis muscle which lies over the sciatic nerve, and the Psoas muscle which attaches to the diaphragm, all the discs of the lumbar spine and the thigh (femur). Contractile spasms of either of these muscles can have an effect on the Sciatic nerve.

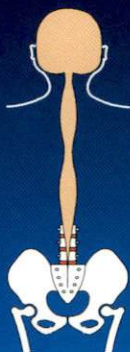
THE PELVIS AND LUMBAR SPINE

The pelvis consists of the two hip bones (the Iliia) and the Sacrum. The Sacro-Iliac joint, the junction between the Ilium and the Sacrum, is held together by ligaments. This is a weight bearing joint which supports the entire spine. The Sacrum is the foundation for the lumbar spine.

INTERVERTEBRAL DISCS

The intervertebral discs are pads found between the vertebrae. They act as shock absorbers and allow the spine to have mobility. Discs also protect the delicate spinal nerve roots which emerge from openings between the vertebrae. The disc has a tough outer covering and is filled with a jelly like substance called the Nucleus.

NORMAL LUMBAR SPINE AND PELVIS



STRESS

When the body is in a Category II syndrome and is not able to compensate for further stress Category III is the result.

CATEGORY III SUBLUXATION

When ligaments in the pelvis are torn or stretched, a separation of the weight bearing sacro-iliac joint takes place. This separation permits one hip to move forward, and the other hip to move backward, changing the leg length.

When this pelvic rotation is set in motion, the sacrum tips to one side causing the basic foundation upon which the spine rests to become unbalanced.

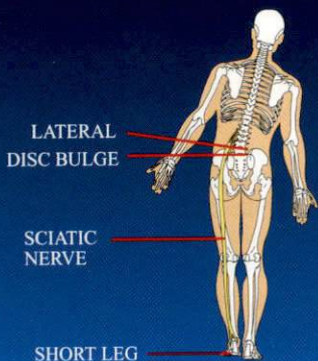
The Category III Subluxation occurs when the vertebrae in the lower lumbar spine are stressed beyond their ability to recover, usually upsetting a pre-existing weakness in the area. This can be caused by:

- * sudden physical trauma eg. lifting, twisting, pulling
- * various accidents
- * poor nutrition, chemical imbalance, drugs
- * emotional or mental stress - in this state a sneeze, cough or simple bending can trigger off a Category III condition.

As a result of this Category III situation, pressure is put on a lumbar disc (usually 5th lumbar) forcing it to bulge out against the sciatic nerve and producing any or several of the following symptoms: (see the cover)

- * pain down the back of the leg
- * burning sensation down the back of the leg
- * pins and needles in the leg
- * tightness in the leg
- * numbness in the leg or back
- * poor bowel or bladder control
- * pain on sitting, rising, coughing
- * coldness in the extremities

ANTALGIA AWAY FROM SCIATICA CATEGORY III



There are generally three types of posture involved in Category III

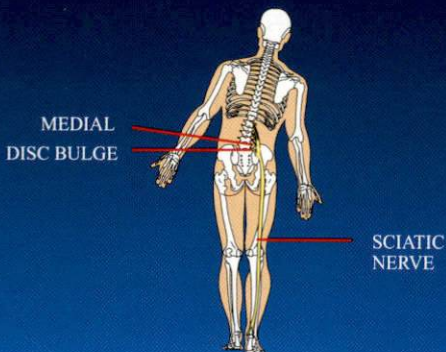
1. Leaning away from the side of leg pain - usually a subluxated vertebra and slight disc protrusion
2. Leaning towards the side of leg pain
3. Leaning forward.

These last two postures can be affected by:

- a. Herniation of the disc, where the outer layer tears and some of the inner jelly-like substance seeps out into the spinal nerve root space.
- b. Rupture of the disc. The disc collapses and the inner substance spills around the nerve root, or fragments of the outer layer put pressure on the nerves.

The herniation and rupture both leave a person with varying degrees of irreparable damage, and although your Chiropractor may relieve the pressure from the nerves you must take responsibility to prevent further damage.

ANTALGIA TOWARDS SCIATICA CATEGORY III



Incorporating the following advice into your daily life can be a valuable aid to minimising the chance of re-occurrence of this condition. Category III is a long standing condition which can be very demoralising, depressing and exhausting. Follow your Chiropractor's advice carefully.

HOME CARE

Do's and don'ts

1. Avoid probing, rubbing, or "poking" in the areas your Chiropractor adjusts.
2. Avoid sudden turns or twists of movement beyond normal limits of motion, especially of the neck.
3. Avoid extreme bending of your spine in any direction. Avoid reaching, stretching, or overhead work. Be particularly careful when shampooing or brushing your hair.
4. Avoid stooping or bending sharply to pick up objects; rather, bend your knees to minimise the strain on your lower back.
5. When lifting, keep your back straight; bend your knees and let your legs bear the strain. Hold the object lifted as close to your body as possible.
6. When you are bathing, sit rather than recline in the bath. Lying back in the bath may cause a vertebra to slip out of its normal position. If you are tired and want to relax, it's better to lie in bed.
7. Participate in very simple exercises to strengthen your body, but avoid jarring activities which place stress on your neck and spine. If any exercise or activity causes pain stop doing it and check with your Chiropractor
8. Watch your posture at all times; stand tall, sit tall, and THINK tall!

Diet: Since a state of subluxation exists and can affect the adrenal and pancreatic functions, certain dietary considerations should be observed.

- * Avoid alcohol. Alcohol destroys the covering around the nerve and further irritates it.
- * Avoid caffeine, nicotine and other stimulants which excite the nervous system.
- * Avoid sugars and starches which excite the pancreas and adrenals.

Pain: For acute pain, the application of ice (wrapped in a towel) to the painful spine region can help to reduce the inflammation and swelling. Apply for twenty minutes, off for one hour, and on for twenty minutes, as required. Do not use heat - this will increase inflammation and swelling.

MAINTENANCE OF YOUR SPINE

Chiropractic clinical research has shown that while damaged discs and resultant bone degeneration may never totally return to pre-injury condition, regular Chiropractic check-ups and adjustments as necessary can help to prevent further deterioration of the spine.

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