

CATEGORY II



SACRO OCCIPITAL TECHNIQUE

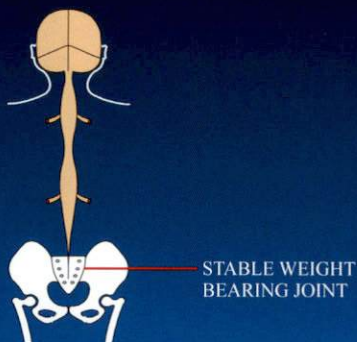
Sacro Occipital Technique (S.O.T.) is so named because of the relationship between the Sacrum (base of the spine) and the Occiput (base of the skull). These two areas act as anchor points to the sac-like membrane (Dural Membrane) which covers the brain and spinal cord. Within this membrane and surrounding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

Categories I, II and III indicate to the Chiropractor the fundamental types of breakdown that occur in the human body causing interference to the nervous system and a deterioration in health.

NORMAL SACRO-ILIAC JOINT



THE PELVIS

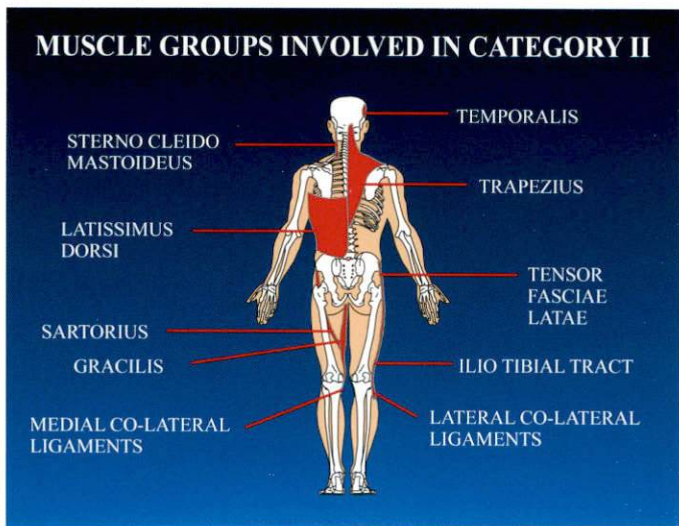
The pelvis is composed of a triangular-shaped bone called the Sacrum. The Sacrum is surrounded by two hip bones (the Ili) which join the Sacrum at the Sacro-Iliac Joint.

The pelvis is held together by tough band-like ligaments which hold bone to bone. The Pelvis is the basic foundation of the spine and supports the weight of the body. The Sacro-Iliac joints are weight bearing joints that support the Sacrum.

As strong as ligaments are they are still vulnerable to stretching and tearing by falls, whiplash, athletic and occupational injuries and everyday gravitational forces that influence the body.

MUSCLE GROUPS

The muscle groups involved in Category II are ostensibly muscles that connect the extremities of the body to the spinal column, and as such are supportive in their role to maintain the body in an upright position against gravity,



STRESS

Failure to correct the Category I syndrome against gravitational stress, leads the body to adapt and compensate further, causing stress in the Sacro-Iliac Joints and results in Category II.

CATEGORY II SUBLUXATION

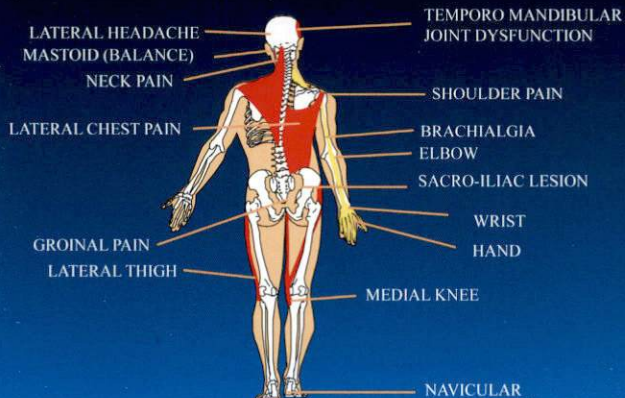
When ligaments in the pelvis stretch and tear the sacro-iliac joint separates and the sacrum slips on one side; the spine becomes imbalanced, the vertebrae of the spine become misaligned and the nerve roots down the entire spinal cord can become irritated and compressed, effecting normal neurological function.

The separation of the sacro-iliac weight bearing joint as shown on the cover results in reciprocal distortion in the shoulder girdle and neck, as well as disrupting the balance of other weight bearing joints such as the knees, ankles and arches of the feet.

Thus category II symptoms may be varied and distant from the vicinity of the pelvis, and may include some of the following:

- * jaw problems
- * neck pain
- * ear pain, loss of balance, tinitis
- * lateral headaches
- * shoulder, arm, hand pain
- * lateral chest pain
- * groinal pain
- * lateral thigh pain
- * knee, ankle and feet problems
- * hypoglycaemia
- * menstrual problems
- * low back pain

AREAS OF COMPLICATION INVOLVED IN CATEGORY II

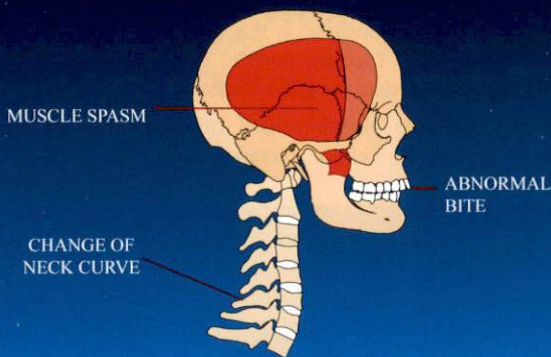


T.M.J. DYSFUNCTION

The Temporo-Mandibular Joint (T.M.J.) or the Jaw Joint has a reciprocal relationship with the sacro-iliac joint and is therefore reliant on the stability of the sacro-iliac joint. In a Category II weight bearing sacro-iliac separation, the T.M.J. will change its position to compensate and can bring about changes that can affect the bite, balance, hearing and neck position.

This must always be a consideration in the chronic Category II. (see below).

CATEGORY II CHANGES LOWER JAW POSITION



ARM FOSSA TEST

The standard test done by your Chiropractor to determine the presence of a Category II, is the arm fossa test. The test uses the brain, arm, shoulder and low back muscles to ascertain the ability of the weight bearing areas to respond to an additional force (the touch in the groin areas). You will also have noticed if you are a Category II, that your Chiropractor will find many areas in different parts of the body that are sensitive to touch. These and other tests act as indicators as to how your problem needs to be treated.

CATEGORY II CORRECTION

The correction of the Category II Syndrome is accomplished by using the weight of your body on mechanical levers (wedge shaped blocks) to close the separated sacro-iliac joint.

You will notice an immediate improvement in the strength of your arms as the blocks achieve their objective.

YOUR RESPONSIBILITIES

Once realigned, the body needs time to heal and it is during the next 8 weeks that you must co-operate with your Chiropractor to ensure sufficient healing has taken place to proceed to the next stage of correction. Your Chiropractor will check you at regular intervals over this period of time, but it is predominantly your attitude and activities that determine how rapidly you respond.

Just as your subluxations were caused by your inability to adjust to one or more of the stresses of your environment, the healing of your body depends upon minimising stresses, particularly those that directly affect the damaged weight-bearing area.

HOME CARE

Exercise: Since the problem is the result of a ligament weakness, a muscular exercise would be of no benefit whatsoever. Depend upon your Chiropractor to advise you as to when the ligament will tolerate muscular forms of exercise. Walking, within easy limits of feeling good, is fine. Sitting or standing for long periods is not advised. Lifting or bending is detrimental and should be avoided.

Hot or cold applications: Heat will draw more fluid into an already swollen joint and is to be avoided. When pelvic joints separate, the body floods the joint as a protective measure. If the joint were to be returned to its normal position at this point, the fluid would have nowhere to go. Ice is recommended to remove the fluid from the injured joint and to sedate the nerve endings.

Diet: Since the state of subluxation 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.

Sleeping: Choose a good firm mattress which will give to pressure from the buttock but supply support to the lower back and neck. The two best sleeping positions are on your back and on your side.

Support: If a sacro-loc belt is necessary, follow the instructions given by your Chiropractor. * The sacro-iliac belt is designed to minimise stress on ligaments when standing and changing positions.

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