

Top 9 Solutions For Neck & Back Problems

Elite Upper Cervical | NUCCA

Dr. Corey Burt

Custom Solutions for Complex Spinal Problems



So, you've had it up to **here** with your neck, or back problem.

You'd love to find a safe, **long-term solution**, so you can live your best life without being limited by pain.

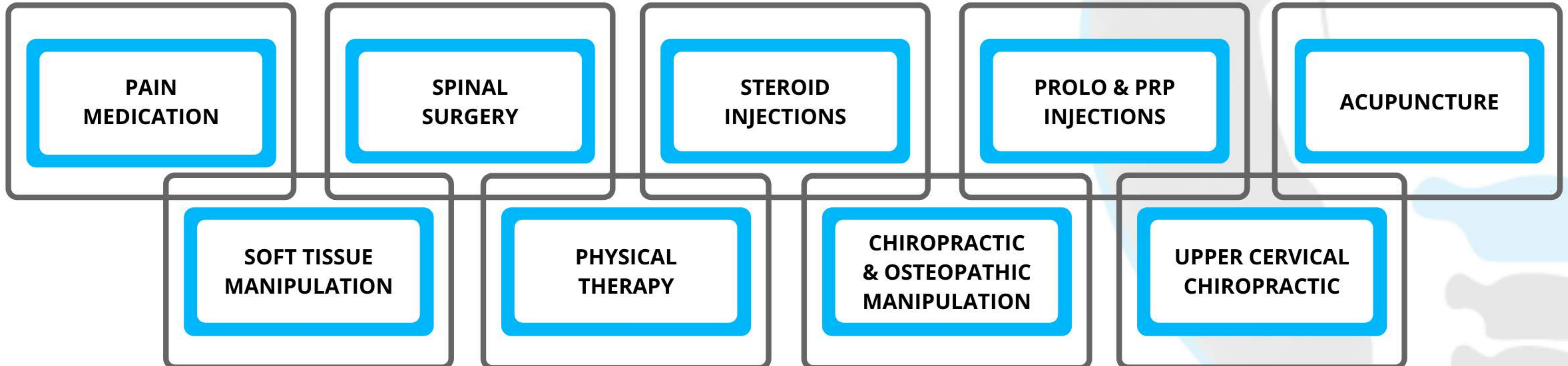
We're completely with you on that!

You've likely tried multiple solutions, yet the results left you **frustrated**.

We understand your **pain and frustration**.

We have created the following **guide** to help you become more aware of the solutions available for neck and back problems.

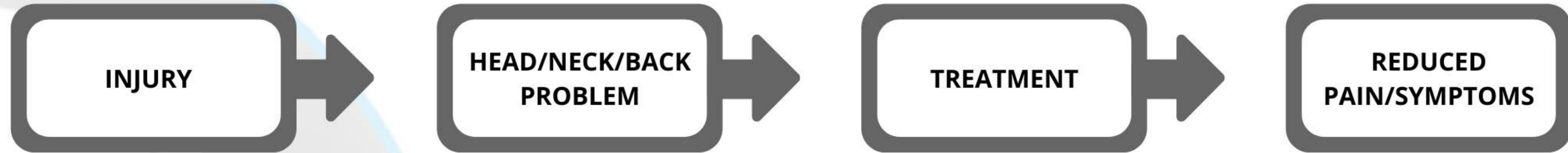
The following solutions will be covered:



1

PAIN MEDICATION

MOST POPULAR SOLUTION






HOW TREATMENT WORKS

Medication (pill) is consumed




Brain is tricked to change body chemistry by:

1. Blocking Pain Receptors
2. Reducing Inflammation

PROS

-  Immediate Action
-  Easily Administered (Oral)
-  Easily accessible

CONS

-  Symptoms/pain may worsen over time (a lot of research on this)
-  Addictive
-  Damages liver and other vital organs

2 SPINAL SURGERY






HOW TREATMENT WORKS

Discectomy - Removal of a portion of spinal disc that has encroached upon nerve

Laminectomy - Removal of a portion of spinal vertebra that has encroached upon nerve

Fusion - Complete removal of the spinal disc replaced by synthetic bone implant and plate/screws for improved stability

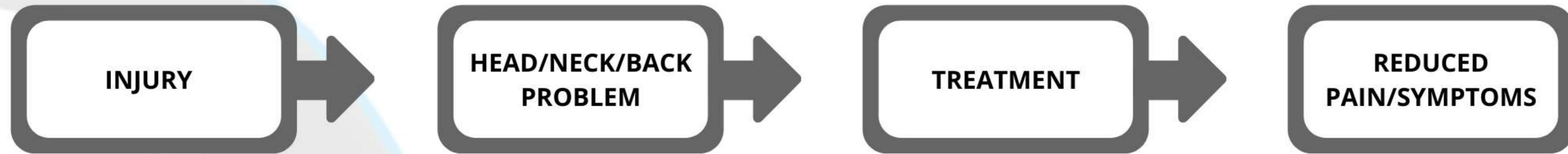
PROS

-  Great for severe injuries
-  Long-term stability at surgical site
-  May save a life

CONS

-  Decreased stability above/below surgical site, increasing risk for another injury/surgery
-  Moderate success rate
-  Long recovery time

3 STEROID INJECTIONS






HOW TREATMENT WORKS

Cortisone steroid solution injected into space surrounding nerve.

Solution coats nerve.

Brain is tricked to reduce nerve inflammation.

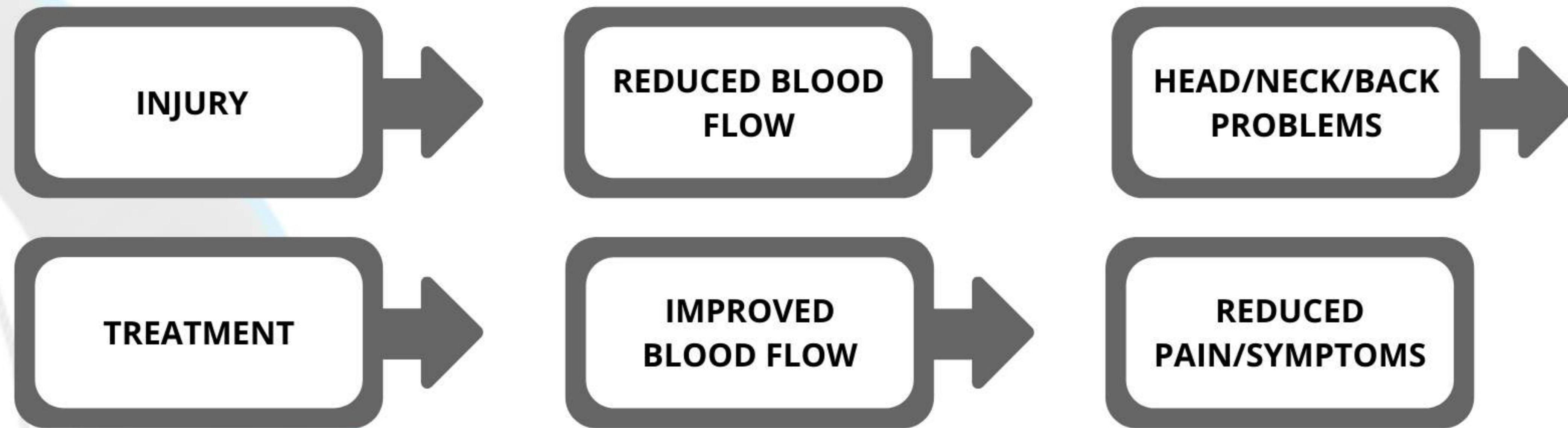
PROS

-  Immediate Action
-  Short Recovery Time
-  Although injected synthetically, cortisone is a natural hormone

CONS

-  Increased risk of future tendon/ligament rupture
-  Damages surrounding bone tissue increasing risk for osteoporosis
-  Projected to wear off in 2 weeks - 6 months




4 PROLO & PRP INJECTIONS






HOW TREATMENT WORKS

- PRP (platelet rich plasma)
- Blood drawn
 - Platelets are separated in centrifuge machine to extract PRP
 - Extract PRP
 - PRP injection at pain site
- Prolo (proliferation)
- Sugar water injection at pain site

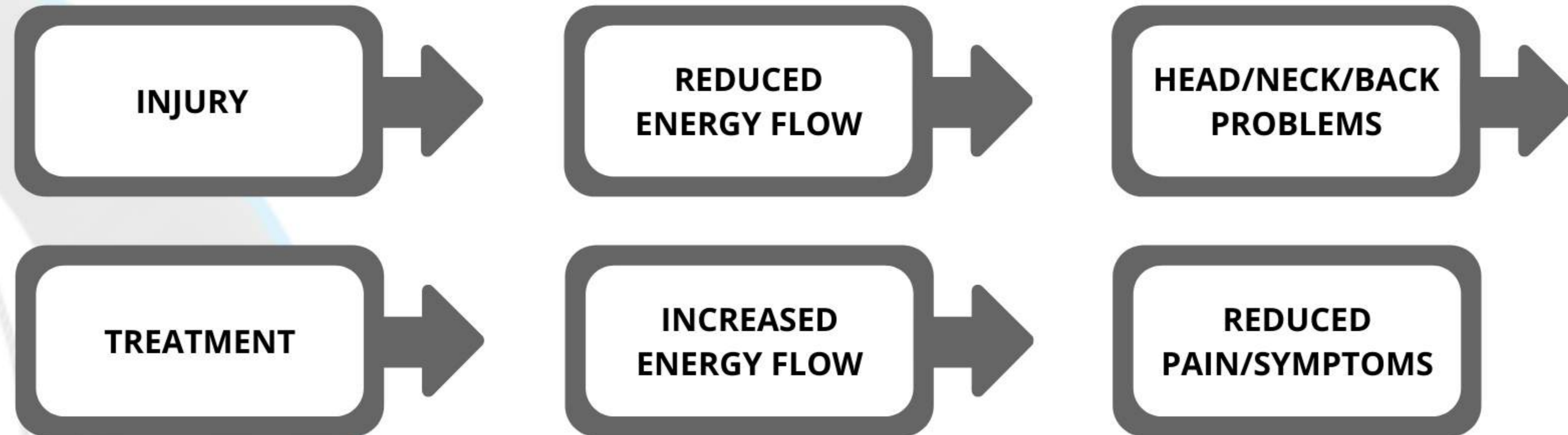
PROS

-  Can be injected near any tendon, ligament & joint
-  Regenerates new tissue & disrupts pain receptors
-  Majority of solution is natural (plasma, sugar, water)

CONS

-  Injected solution includes toxic ingredients (irritant & numbing agent)
-  Inconsistencies with centrifuge machine
-  Needles may cause bruising

5 ACUPUNCTURE






HOW TREATMENT WORKS

Mouth and wrist pulse assessment.




Several thin needles inserted into multiple different regions of body.

Left in for approximately 30 minutes.

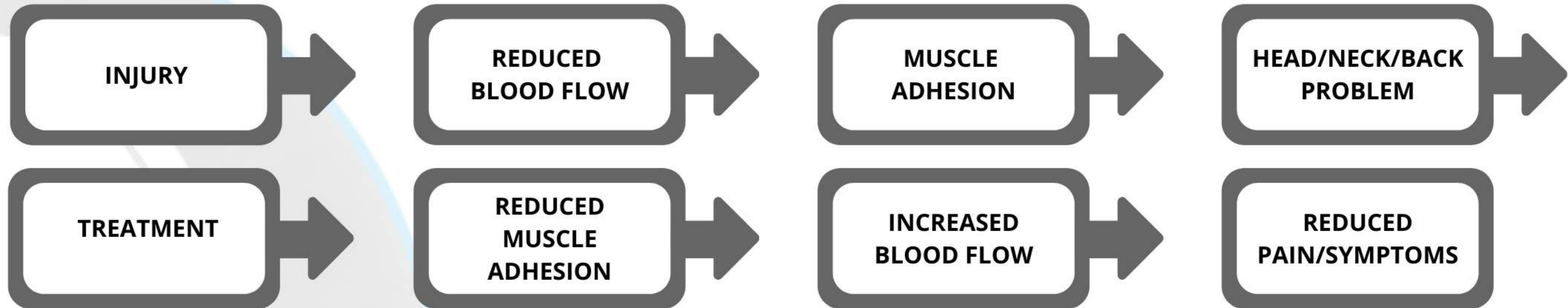
PROS

-  Variety of needle combinations to individualize treatment
-  Needles are as thin as 2 human hairs
-  Promotes relaxation

CONS

-  Difficult to reproduce needle placement each session
-  Multiple needles are used within each treatment session
-  Needle preparations may contain toxic amounts of lead, mercury, or arsenic

6 SOFT TISSUE MANIPULATION






HOW TREATMENT WORKS

Deep Tissue Massage - Muscle adhesion targeted. Manually manipulated through slow, high friction massage.

ART (Active Release Technique) - Muscle adhesion targeted. Deep manual pressure is passively applied. Patient actively moves through a specific range of motion.

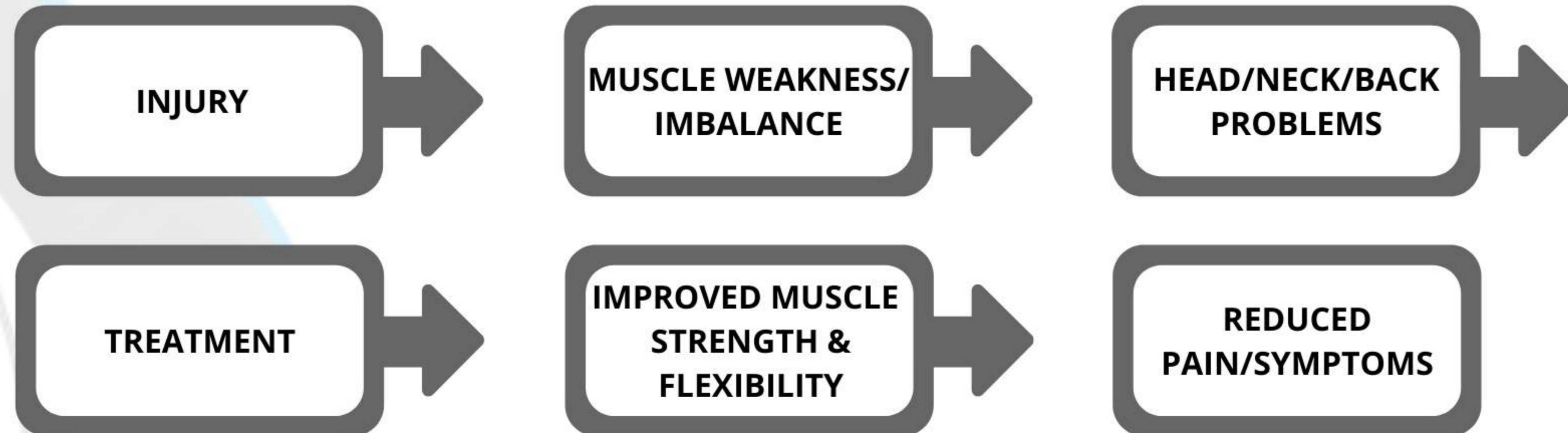
Graston - Muscle adhesion targeted. Handheld tool used on surface of skin to "scrape away" adhesions

PROS

-  Several soft tissue manipulation techniques to consider
-  Custom maneuvers & tools for different body regions
-  Great for post injury rehab of extremities

CONS

-  May cause soreness after treatment
-  Local joint may become unstable after treatment
-  Local joint may become vulnerable to injury after treatment






HOW TREATMENT WORKS




Thorough assessment

Multitude of therapies: exercise stretching, foam rolling, heat/ice/compression, ultrasound, electrical stimulation, cold laser & more

PROS

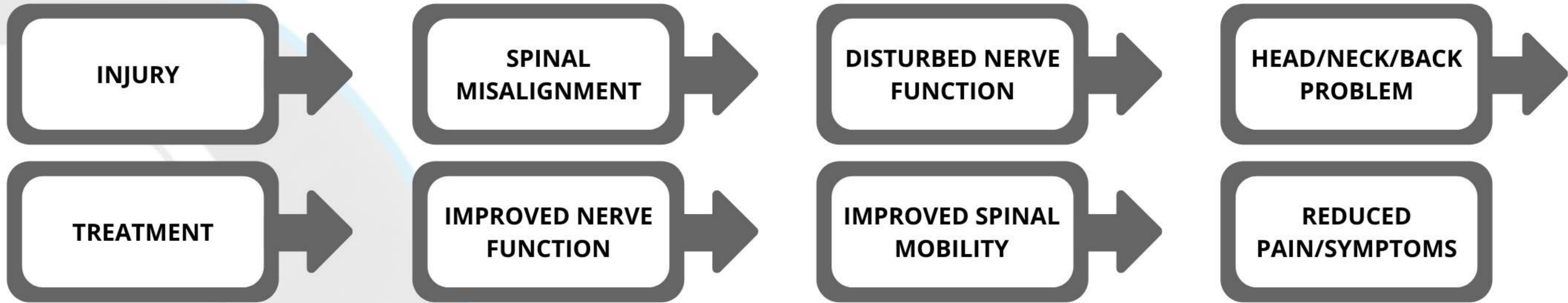
-  Great for post-surgical rehab
-  Great for post injury rehab
-  Ability to perform some exercises & stretches at home

CONS

-  Difficult to know which therapies work when several are used
-  Exercises & stretches may be difficult to properly perform
-  Exercises & stretches may be worse for patients that have structural/spinal damage

8

TRADITIONAL CHIROPRACTIC & OSTEOPATHIC






HOW TREATMENT WORKS




Thorough assessment

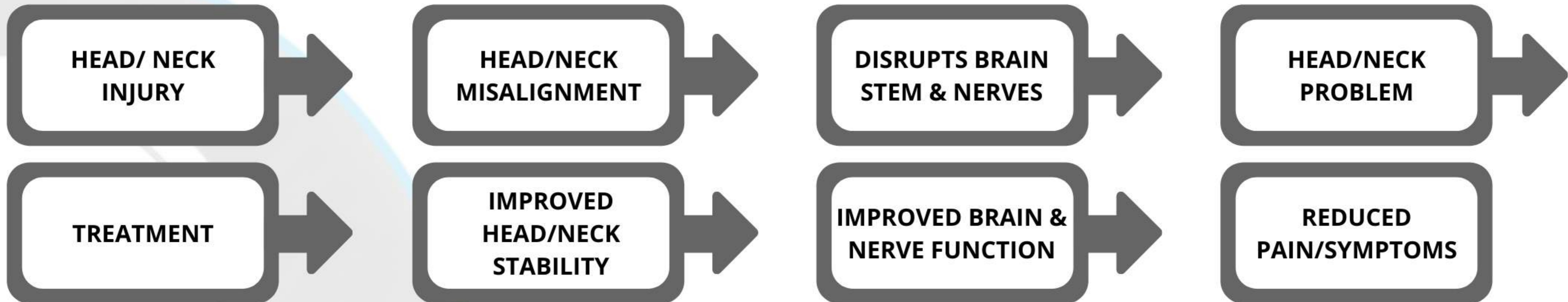
Perform manual spinal joint adjustment/manipulation

PROS

-  Adjustment/manipulation can be gentle and low force
-  Patients are likely to receive treatment on first day
-  A variety of adjustments/manipulations can be used to individualize care

CONS

-  Possible aggressive twisting and popping of neck and other joints
-  Local joint may become unstable after treatment
-  Local joint may become vulnerable to injury after treatment



HOW TREATMENT WORKS

- Thorough assessment
- Pre x-rays of head/neck
- X-rays measured to 1/100th of a degree using advanced software
- Misalignment calculated
- Misalignment gently corrected
- Post x-rays to verify corection

PROS

- NO twisting, popping or cracking of the head/neck
- Ability to evaluate & correct 5 different misalignment of the head/neck
- Correction is customized per your x-rays

CONS

- Correction occurs on the second day
- Patient can barely feel when the correction occurs, thinking nothing happened
- New x-rays are likely needed after a new injury

Congratulations!

Because we appreciate you taking the time to read this, **we would love to buy you one of our custom stainless steel water bottles** for those that are local.

Call or text us at **503-597-8098** to pick it up!

If you found that any of the solutions resonated with you, and you would like a local recommendation, please don't hesitate to contact us.

We have an incredible network of healthcare professionals that offer each solution covered.

Even if it's not us, we have helped several people find the **right** solution for them.

If you'd like to explore Upper Cervical Chiropractic as a **long-term solution**, please schedule a quick phone consult at **EliteUC.com** to see if we can help.

Stay healthy!

Corey Burt

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