

Vertigo & Upper Cervical Chiropractic

Vertigo is the false sensation of movement or dizziness as if the world was spinning. **This can range from mild episodes to severe, extended attacks.** Vertigo is sometimes accompanied by nausea, vomiting, malaise, hearing loss, tinnitus (ear ringing), and a feeling of ear fullness or pressure.

What Causes Vertigo?

Available research shows a relationship between inner ear disorders and trauma. Trauma can range from a mild bump on the head to a fall, a concussion, or even whiplash from a motor vehicle accident or sports injury.

Dizziness, instability and imbalance occur in approximately **50% of all head and/or neck injuries.** This includes even mild injuries that don't require medical attention. According to medical literature, vertigo can also be caused by hyperactivity or irritation to the joints and nerves in the upper neck which assist in the coordination of the eye, head, and body, as well as control posture.

Meniere's Disease

Meniere's disease is a disorder characterized by sudden, recurring attacks of disabling vertigo (a whirling sensation), hearing loss and tinnitus (ringing in the ears), and nausea and vomiting. These **symptoms usually last two to three hours, but can sometimes last for days.**

Can an Upper Cervical Correction Help?

The most common misconception about Upper Cervical care is that it only helps back and neck pain.

Upper Cervical care is based on the universal law of cause and effect. For every effect or symptom, physical or mental, there must be a cause.

Upper Cervical doctors recognize that the body is a self-healing organism, controlled and coordinated by the central nervous system, which is protected by the skull and spine.

Using a gentle technique, Upper Cervical doctors locate and remove interference to the nervous system, allowing the body to heal itself naturally without drugs or surgery.

Align Your Spine!

If the first two bones in your neck are misaligned, communication between the brain and body is interrupted and can cause numerous health problems.

Misalignments of the upper cervical spine (neck) can cause disturbances within the brainstem and the inner ear. An **Upper Cervical examination will assess whether an upper cervical injury is present** and whether the patient suffering from an inner ear disorder can benefit from Upper Cervical care.



SCAN HERE FOR REFERENCES



If you currently suffer from vertigo and would like to seek advice from an Upper Cervical Chiropractor, please schedule an appointment today!
onetemplewellness.com