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BRAIN INJURY AND NUCCA

In my practice my area of interest is the cranial and cervical complex. This is the skull and the cervical spine. It houses, protects and supports the highest and most important sections of the central nervous system, which are the brain, brainstem and cervical spinal cord. The central nervous system controls everything in the body. There must be perfect balance between the skull and cervical spine. How the cervical spine and skull work together is of the utmost importance. They must relate to each other in perfect harmony.

There are billions of nervous system receptors and sensors in the joints, ligaments and muscles that receive information from all of these structures and send that information to the brain. The brain needs this information to tell these structures what to do in different circumstances. It is truly an amazing and miraculous system to help our health. But it is also an extremely complex system that functions smoothly and efficiently when it works well and fails when injured.

The brain and spinal cord must send signals back and forth to communicate properly so the brain can control the health of the body. The brain must be healthy enough to receive constant information from the spinal cord and be able to send commands out to the rest of the body. If there is distorted information coming into the brain, then distorted information will exit the brain.

My area of interest and work is the study and treatment of the cranial and cervical complex. These structures need to work well together and be structurally in alignment. It is serious enough to have a brain injury, but it's even more serious if the skull and cervical spine are not in proper alignment. Almost all brain injuries entail head and neck problems of alignment and these in turn aggravate the effects of the brain injury. This is where I try to help the symptoms of head injuries. If the skull and cervical spine can be correctly adjusted into realignment, then many brain injury symptoms can be helped. By gently adjusting this complex into alignment, it can help relieve pressure from the head, which can help you think more clearly and improve cognitive skills.

Brain injuries can disrupt many health systems within the body, such as the GI system, middle ear balance, sphincter control in the intestines and bladder, gait and spinal balance with shoulder, pelvic and leg length distortion. Distortion and twisting of the body structure can occur with muscle cramping. Everyone is affected differently depending on his or her type of brain injury. Whenever there is a higher loss of central nervous system control, there are actually many similar signs and symptoms.

A lot of these symptoms can be helped if the proper care is received, but most physicians don't understand these injuries, unless a brain injury specialist or brain injury institute is

treating. And even then over-medication is given and psychiatric care is recommended. Many brain injury patients and their families can tell horror stories of their attempt to get proper understanding, help and treatment from physicians. Many of these patients fall through the cracks of the health care system.

The problem in health care today is that this area is very poorly understood. Most doctors don't understand the associated problems and how to treat them. These are very difficult and complex injuries that are difficult to work with.

The area I am able to help is the alignment distortion that occurs with brain injuries. When properly and gently aligning the cranial/cervical structures, we can help remove pressure from the brain and central nervous system so that the patient feels less head pressure which in turn increase cognitive skills and health in the body.

Individuals with brain injuries often think that the problems they are having from the injury can't be helped, but that is not always true. Many of these symptoms can be improved through the NUCCA adjusting care. It is not easily helped and there is not a quick cure. Brain injuries cause chronic problems that need patience and on-going care. I think that all patients with head injuries need proper and scientific chiropractic care to help with their everyday life, so that many of these problems can be controlled and kept from worsening.

The chiropractic treatment I offer in my office for brain injuries starts with radiographic evaluation of the skull and cervical spine so that a 3-dimensional view is obtained. These x-rays are studied and measured to determine the misalignment of these structures so that the proper individual adjustment can be given. There are also other signs evaluated in the body: listing of the body, shoulder, pelvic and leg-length balance. Muscle contracture is also noted in the spinal muscles. It cannot be emphasized enough how important it is to work with balancing these structures through proper adjusting of the head and neck. The body is like a universe within itself. When there is an injury or a disease the whole system is thrown out of balance. If we can do something to bring it back into balance, then great benefits result for the health of the entire body.

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