

THE SPINAL BALANCE TEST OR THE "LEG CHECK"

Just what is the "leg check" and what does it tell you? This question has been asked by many people, particularly those who are not patients of Atlas Specific Correction. What they are actually saying is more like, "That's a peculiar test, and besides, doesn't everybody have a short leg? Isn't that why you walk in circles when you're lost?"

The answer is, of course, no. Besides that, the leg isn't actually shorter anyway, it only appears to be shorter because of uneven muscle contracture in the area of the back and hip. It's not really a short leg at all, it's a contracted leg.

The leg check, or spinal balance test is the clinical sign that we use to determine if your body needs the alignment procedure that we call the adjustment. It is an indication that your brain or body computer is "short circuited." What we mean by that is the atlas vertebra is mis-aligned causing nerve interference and an adjustment is indicated.

When the atlas mis-aligns, a low-grade pressure and irritation is exerted on the brain stem where some 60 to 70 **million** nerve fibers are passing through, on their way to some distant organ or body tissue; or are on their way back into the computer from some remote area of the body. This nerve system is the line of communication between the body and the computer that allows the brain to control the body and its functions. This process is what makes your body "tick" and keeps you healthy.

But when the atlas is misaligned, the computer "shorts out" and your health suffers. Most any condition or symptom may occur as a result. (For more information on that see "Questions and Answers.") And for some reason, we don't yet know why, when the computer shorts out, the muscles in the back begin to pull out of phase and "out of synch" with each other. This causes a distortion in the spinal column and one hip is pulled slightly upward, causing it to appear shorter than the other.

When the irritation occurs, the computer begins to send out improper commands to the different body parts and tissues, and after a while, you begin to feel symptoms.

Some patients have asked, "Why don't you just adjust every time and forget about the leg check?" That is O.K. with most other chiropractic methods where random manipulation is used. However, Atlas Specific Correction is far too powerful to adjust whenever a patient feels some symptom.

Logically, if the atlas is in proper alignment, any attempt to adjust it will only worsen the problem. The same force used to align the atlas when it is needed, will most likely move it out of alignment if it is already in its proper position. The doctor must know that the alignment procedure is necessary before it is attempted.

The leg check itself seems to be a simple act. Just put the feet together and take a look. But it's not that easy! There are 37 variables inherent in the leg check that are not readily seen when one observes the leg check in its application.

I worked with a group of doctors for several years doing research. During that time I taught all the aspects of the work to the new doctors. The hardest part of the training was teaching the leg check. It took the average new doctor a full six months to become proficient enough to see his own patients.

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