

Healthy, Happy Spine

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Healthy, Happy People



Structural balance is the key to maintaining strong functional mobility

▶ We at BCC provide gentle and specific adjusting style as well as superior patient care. We offer:

- Full spine adjusting
- Extremity adjusting
- \$10.00 sports physical

We offer a variety of specialized techniques because we believe that there is no one single approach to health care as all of our patients are unique individuals.



BCC is a family practice built by creative and dynamic people whose passion is to help the community achieve their own personal health goals so they can continue doing the things they love to do.

Specifically, we help those who have:

- Headaches
- Neck pain
- Mid back pain
- Low back pain
- Shoulder pain
- Hip pain
- Knee pain

Burkert Chiropractic Center

Come & See us when you need us!!

1805 N. 2nd St
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Burkert Chiropractic Center

Come & See us when you need us!!



▶ Chiropractic Care

*Here @ BCC
We've got UR back!*

Tel: (563) 242-4555

Here @ BCC - We've got UR back!

Let us help you achieve your goals of a happy, healthy life!

"A deviation from the normal spinal alignment increases mortality, resulting in 14 years off your life." (Journal of Bone and Joint Surgery 1981)

Proper posture includes the following:

- Ears over shoulders
- Shoulders down and directly over hips
- Hips directly over the ankle bone (lateral and medial malleolus)

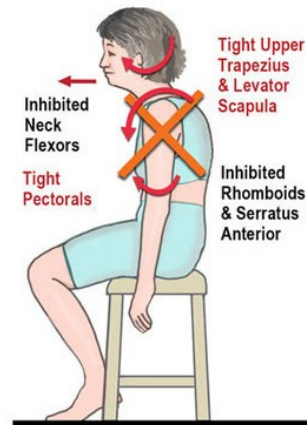
One way to know what normal feels like is to stand with your head, shoulder, and heels against the wall.



Which posture would you prefer to have at 83 years old?

Upper Cross Syndrome (UCS)

This syndrome is an imbalance of muscles, specifically the tightness of the upper trapezius and levator scapula crosses with the tightness of the pectoralis major and minor and the weakness of the neck flexors cross the weakness of the



rhomboids and serratus anterior. This imbalance causes joint misalignment mainly at the bottom of the skull (occiput) and the first cervical, mid neck (C4/C5 segment), the last cervical (C7) and the first thoracic (T1), in the shoulder area, and between the shoulder blades (T4/T5 segment). The signs that become apparent are:

- Forward head
- Increase in the neck curve
- Increase in the upper back curve
- Shoulders forward
- Shoulder blades winging.

Spinal Misalignments

Improper spinal alignments can lead to nerve compression. Nerve compression can feel like:

- Sharp, shooting pain down the leg or arm.
- Dull, achy sensation in the low back or neck
- Headaches

Nerve compression leads to increased mortality rates.

Increased mortality rates lead to a decrease in a happy, healthy life.



Left is an example of improper spinal alignment.

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