PROFESSIONAL UPPER CERVICAL CHIROPRACTIC CARE

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"Excellence In Upper Cervical Blair Care"

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Holding Your Upper Cervical Adjustment

The major objective in Upper Cervical / Blair Chiropractic care is to keep the correction in position for the longest period of time. The longer you stay in alignment, the faster your body can reverse the damage. Here are the restrictions used for first **24 hours** after your adjustment.

C1 ASL (Forward left Atlas)
- Right head tilting
- Extreme right head rotation
- Overhead work
- Left side lifting

C1 PIL (Backward Left Atlas)
- Excessive looking down
- Looking down and to the right
- Left side lifting
- Reaching across the body to the right

Double Forward C1
- Overhead work
- Lunging head forward (e.g. computer, typing, driving with feet to far back)
- Two pillows under head
- Reading n the bathtub

C2 ALS (Forward Left Atlas)
- Right head rotation
- Right head tilt
- Lifting on left side
- Reaching forward or sideways to left
- Looking or reaching back over the left shoulder
- Tucking phone under right ear

C2 PLI (Backward Left Axis)
- Looking up to the left
- Right head tilting
- Holding things at arms length
- Remaining in bed in the awakened state

C3 ALS (Forward Left C3)
- Lying on the right side with a large pillow
- Looking up and back to the left
- Heavy left sided lifting

C3 PLI (Backward Left C3)
- Lying on the right side with a large pillow
- Looking up and back to the left
- Heavy left sided lifting

C4 ALS (Forward Left C4)
- Heavy two sided lifting (e.g. wheelbarrow, heavy child and groceries, etc.)

C4 PLI (Backward Left C4)
- Reaching down and behind your body, heavy purse or bag on left shoulder

C5, C6 (rare) (Forward / Backward Left C5 or C6)
- Heavy left sided lifting
- Lying on the right side with head propped up
- Sleeping on the couch or stomach

C1 ASR (Forward Right Atlas)
- Left head tilting
- Extreme left head rotation
- Overhead work
- Right side lifting

C1 PIR (Backward Right Atlas)
- Excessive looking down
- Looking down and to the left
- Right side lifting
- Reaching across the body to the left

Double Backward C1 (rare)
- Two sided heavy lifting (e.g. two grocery bags, pool chemicals, …)
- Lying on stomach with head propped up with both hands
- Falling asleep in a chair

C2 ARS (Forward Right Axis)
- Left head rotation
- Left head tilt
- Lifting on right side
- Reaching forward or sideways to right
- Looking or reaching back over the right shoulder
- Tucking phone under left ear

C2 PLI (Backward Right Axis)
- Looking up to the right
- Left head tilting
- Holding things at arms length
- Remaining in bed in the awakened state

C3 ARS (Forward Right C3)
- Lifting or toting bag on the right
- Scrubbing with the right arm
- Reaching overhead with the right arm

C3 PRI (Backward Right C3)
- Lying on the left side with a large pillow
- Looking up and back to the right
- Heavy right sided lifting

C4 ARS (Forward Right C4)
- Heavy two sided lifting (e.g. Wheelbarrow, heavy child and groceries, etc.)

C4 PRI (Backward Right C4)
- Reaching down and behind your body, heavy purse or bag on right shoulder

C5, C6 (rare) (Forward / Backward Right C5 or C6)
- Heavy right sided lifting
- Lying on the left side with head propped up
- Sleeping on the couch or stomach