



## **How AtlasPROfilax can help with Back Pain**

Back pain can be caused by several sources, including muscle tension, disc issues, and spinal misalignment. Often all the above issues are actually caused by a misaligned Atlas vertebra.

A misalignment of the joint between the Atlas and the skull would cause the head to be tilted...unless the rest of the spine adjusts to compensate. The results of this spinal compensation include unnecessary pressure on the vertebral joints, muscle tension in the neck, and even bulging or tearing intravertebral discs.

In addition, the misalignment between the Atlas and the skull often causes the head to pitch forward—a condition that creates excessive strain on the neck, upper, and lower back. With the head pitched forward, the neck acts like a lever with the full weight of the head now pulling the neck down. This excessive strain can cause severe neck and back pain. This type of pain typically gets worse as the day goes on.

The AtlasPROfilax technique relieves back pain by addressing the root cause of the symptoms: the misaligned Atlas vertebra. This technique focuses on the sub-occipital muscles—the short neck muscles just below the base of the skull. AtlasPROfilax exhausts those muscles, forcing them to relax momentarily so that the Atlas can slide back into proper alignment.

Once the skull and the Atlas are back in proper alignment, the rest of the spine is free to “unwind”, as the head is no longer tilted and the entire spine is no longer forced to compensate to keep the head straight. Stress and tension on the neck and back is relieved as each of the vertebrae are allowed back into normal alignment. And with the head no longer pitched forward, the weight of the head is brought back directly over the spine—drastically reducing strain on the neck and back. The result is significantly reduced back pain.

For more information visit [www.escapethepain.com](http://www.escapethepain.com)