

This book is about much more than the tailbone. It's about the process of getting well and freeing yourself from chronic pain. Because the spine plays such a central role in the functioning of our bodies, it's not surprising that problems with the spine would have such a profound affect on our overall health.

Several missing pieces have been found to the puzzle of spinal health and chronic pain. New insight into some not-so-new discoveries helps explain how most chronic back pain gets started and how it can be avoided or corrected. This story offers new hope to those who have been told that "everything has been done" or "it's all in your head."

I talk a lot about the tailbone (also known as the "coccyx") not just because it plays a vital role in our spinal health, but also because it has been largely overlooked as a common source of pain. I place much attention on tailbone injuries because when it loses its natural range of motion many painful problems with nerves, muscles, ligaments, joints and discs can result.

My goal is two fold: 1) to help you find relief for your pain without having to resort to drugs and surgery, and 2) to help every physician be on the lookout for injured spinal alignment and impaired tailbone flexibility in their evaluations.

The vast majority of doctors do not suspect that the tailbone could be responsible for chronic pain. As a result, many people continue to search desperately and in vain for answers and relief. I am confident that I will answer many of your questions once you understand how the normal tailbone helps protect the brain and spinal cord. The importance of this will become more and more evident as you proceed through each chapter. The bottom line is that the nervous system enables us to function. Any condition that can affect the nervous system adversely deserves careful consideration.

You will meet several real people who made great progress - not because they are extraordinary examples of hope but because they are typical accounts of recovery. This is a story of great healing not because I am a great doctor, but because great healing is possible when you find the correct answer. I want to share with you what has proven to be a very real and lasting answer for many spinal pain sufferers.

Millions of people suffer with chronic pain ever since they landed on their butts, dislocating or fracturing this most delicate of all vertebrae. They seek treatment for what seems to be a simple injury, but get the run around. They are told, "it's only a broken tailbone" or "nothing can be done, just live with it". These same people watch in horror as they progressively lose flexibility and feeling in their legs. They find it increasingly difficult to exercise and get through their days. They desperately fight back with therapy, drugs, even surgery but with little help. They get a different story from every doctor they see, all the while feeling more a like a hypochondriac.

What you will read in this book comes from actual experience gained in my practice since 1978. I couple my clinical experience in chiropractic spinal orthopedics with the dural tension model published in 1978 by Alf Breig, M.D., a Swedish neurosurgeon. In his text, Dr. Breig brought much needed attention to how the life-giving impulse,

normally transmitted by nerves, can be weakened, if any mechanical force stretches the spinal cord or nerves too much.

Along with Jim Wooley, D.C., co-developer of many of the hypotheses and opinions in this book, I have treated tailbone injuries since the mid 1980s. We have contributed to the existing “body of evidence” on the topic of the coccyx established by other physicians, primarily by further defining the normal vs. abnormal behavior of the coccyx. So what’s really new?

This book will give you new perspective on your health, and possibly help you to set some new priorities for spinal Alignment, Flexibility and Strength. As you read, keep in mind one important truth: that your “pain in the neck” and your “pain in the butt” may not be caused by your job or stress or some fancy diagnosis ending in “itis,” “algia” or “osis.” Instead, an accident or sporting collision, you may not even remember, may have thrown kinks into your alignment, reducing your flexibility while short-circuiting the electrical power supply to your muscles, glands and organs, causing a variety of painful symptoms and conditions.

You will soon learn of an explanation and a solution for your symptoms that has probably been overlooked. Getting rid of your nerve, muscle and joint problems may be as simple as a 10-minute set of daily exercises, painless alignment of your spine and a couple 45-second treatments to free your restricted tailbone.

This is a story of how to find a simple and workable approach to healing amidst much confusion and debate about treatments for back pain. I’ll lead you through the maze of confusion about which conditions cause which symptoms, and explain how you can feel better, faster than you ever thought possible. Equally important, I will show you how to avoid expensive and painful complications that come with some traditional medical treatments.

Soon you will be equipped with new knowledge about how to regain your “Alignment, Flexibility and Strength”, three of the most important, yet overlooked, aspects of your health. You will see what makes your spine both a flexible and durable suspension system for the body from head to toe. You will also come to understand why most common muscle, joint and nerve problems are the result of a correctable glitch in the health care system. It will be clear as a bell that nearly all back problems have these three things in common: 1) poor alignment, 2) reduced flexibility and 3) measurable weakness.

It’s my hope that the careful explanations, clear illustrations and pertinent analogies will steer you in the right direction toward improving the quality of your life. I trust that you will find the information both scientifically and technically sound while written in plain English.

All of this has come about due to the simple fact that, at this point in time, most physicians are unaware of the key role that spinal alignment and flexibility plays in the health of their patients. However, a few very dedicated physicians and educators are

determined to end the mystery arising from untreated falls on the butt—incidents after which the spine may never be the same.

After 28 years of practice I am still in awe each time I see the body heal itself once alignment and flexibility are restored. The story of these life-altering recoveries must be told, both through the eyes of one Chiropractic physician but also in the greater context of the health care system at large. This is because no one profession owns healthcare or any of its human elements. As physicians, of any specialty, who set out to help people, we are necessarily commissioned to listen, learn and cooperate as we endeavor to enhance life itself. To not look through the telescope and the microscope at the same time, leaves a daunting alternative for millions of Americans who are suffering needlessly.

I have been privileged to be a part of the healing process for thousands of patients. I hope you will be inspired by those who were freed from their pain and from the medical drama and expense they thought would never end.

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