

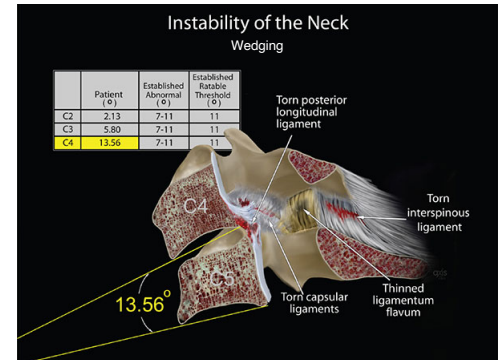
Cervical Ligament Instability

Understand how instability in your neck can affect your life

What Is Cervical Ligament Instability (CLI)?

Cervical spine instability is defined by an abnormal distance or angle between two bones in the cervical spine. This damage is most commonly diagnosed with an analyzed, cervical x-ray series, often requiring flexion and extension views.

There are two primary types of CLI: wedging and transitional. In either type, a single area of ligament instability in the cervical spine is typically causative of a **25-28% whole body compromise** (according to AMA impairment ratings). This compromise occurs due to the intimate connection between the cervical spine and the neurology of the central nervous system.



What symptoms are caused by Cervical Ligament Instability?

CLI can cause a range of symptoms dependent on the severity of the instability, how long the instability has been in your body, what vertebral level the instability is located at, and if there are multiple areas of instability.

Common CLI symptoms include:

- | | | | |
|-----------------------------|---------------------------|---------------------|------------------------|
| -Chronic Fatigue | -Chronic Pain | -Increased Anxiety | -Panic Attacks |
| -Mental/Emotional Imbalance | -Vagus Dysfunction | -Heart Dysfunction | -Metabolic Imbalance |
| -Abnormal Inflammation | -Swings in Blood Pressure | -Digestive Concerns | -Neurological Symptoms |
| -Abnormal Sensitivity | -Head Pressure | -Depression | |

Regenerative Chiropractic

It is possible to regenerate and repair abnormal ligament instability through regenerative chiropractic care at Averio Health Institute. Averio Health Institute has been internationally published for several cases of reversing severe, multi-level ligament instability. In most cases, the symptoms (or disease processes) of the patient were varied and different based due to the location and variation of the ligament instability. You can review these cases on the Averio website, or use the links on the backside of this informational sheet.

Restricted Activities

Areas of ligament instability can be extremely fragile and vulnerable areas, especially in the first 12 weeks following regenerative care. Please note the following activity restrictions when you have diagnosed ligament instability and/or are pursuing regenerative care for ligament instability at Averio Health Institute.

No manual (ie casing a popping sound) chiropractic care, no stretching to the neck or torso, no massage to the neck or torso, no PT, no exercise or weight bearing to the areas of the neck and upper torso. Any activities that have the potential to cause a strong jar or trauma to the head and/or torso should be avoided. If you have questions about a certain activity please reach out to our clinical team.

Stages of Healing Cervical Ligament Instability

Stage One: Diagnosis and Plan

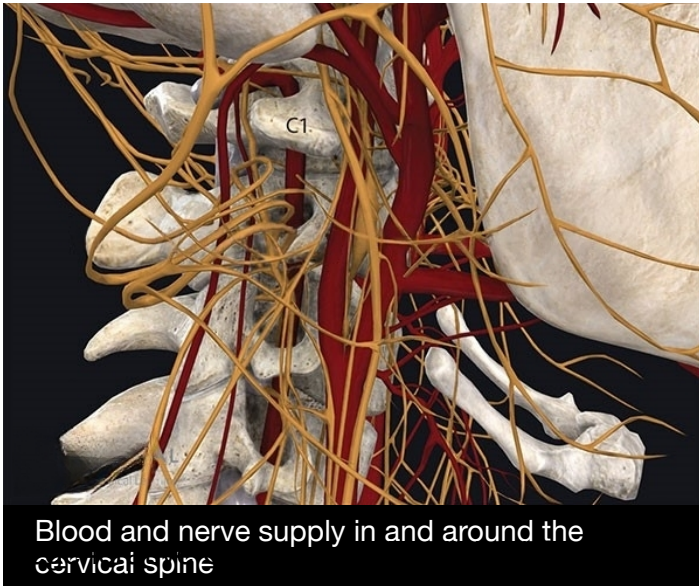
This stage typically requires a standing radiographic series of the patient's neck. It is very important that these radiographs are *computer analyzed*. After ligament instability is diagnosed a care plan will be recommended depending on the location and severity of CLI.

Stage Two: Regeneration

During regeneration the goal is to 1) realign the abnormal positioning 2) create a regenerative event in the body to allow for stabilization (ie healing) of the damaged ligaments. This will often include *1-5 weeks of Averio concentrated care* where function neurological treatments, photobiomodulation, nutritional protocols, etc will be used to accomplish a reversal of CLI.

Stage Three: Rest & Stabilize

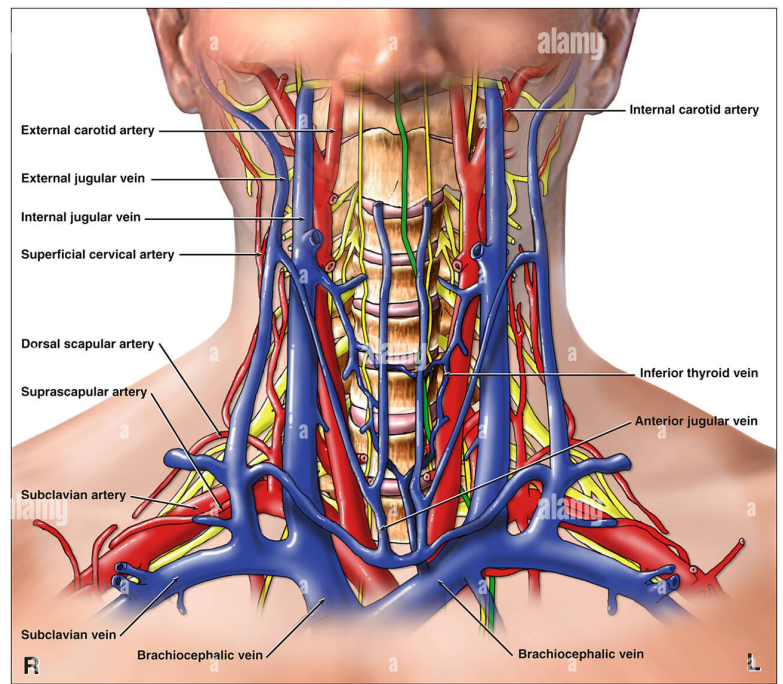
Once Averio care has been accomplished, cervical ligaments typically need 12 weeks where they are not re-injured and/or re-traumatized in order to permanently stabilize. In cases where there are multiple areas of ligament instability, it is likely that more than one weeklong program will be required for a complete reversal of damage.



“Depression, ligament instability and chronic pain improvement concomitant with a course of concentrated chiropractic care.”

apcj.net/Papers-Issue-3-3/#AverioDepressionChronicPain

Two more cases on reversing chronic and severe ligament instability coming in 2023!



FAQ's

Are there other options besides Averio regenerative chiropractic care for CLI? Yes. Patients with CLI can pursue a neuro-surgical consult to see if fusion surgery is an option for them, prolotherapy (injecting sugar water for the temporary stabilization of ligaments), or PRP (injecting blood for the temporary relief of instability symptoms).

Is it possible that my ligaments will not heal under Averio care? It is extremely rare that ligaments do not heal following Averio regenerative care. When this finding occurs it usually indicates a toxicity issue that is blocking your ligament regeneration. Once the toxicity is removed a positive result is expected.

What happens if I get injured or have an accident during my 12 weeks following care? If there is any type of trauma during your 12 weeks healing time, please immediately call Averio Health Institute.

I do not have neck pain. How can I possibly have so much damage in my neck? It is actually quite common to have a problem in your neck (including CLI) without having neck pain. Only 8-9% of the nerves in your body can transmit pain signals. This means that you could have a problem in 91-92% of your nervous system (ie body) and never feel pain. This is why appropriate tests that analyze your spine are so important when a person has health problems, or when there has been a trauma that might cause damage that could lead to health problems.

Tip: If you have diagnosed CLI it is highly recommended that you **increase your PIP policy** (personal injury protection) through your car insurance carrier. If you get in a car accident with CLI you will likely be further injured. If you have PIP coverage that can be used towards testing and treatment of your preference, including regenerative chiropractic care at Averio Health Institute.