

Why I chose Atlas Chiropractic by Dr Amy Osenbaugh:

As a teenager, I struggled with a lot of mid back pain between the shoulder blades. I don't recall ever having neck or low back pain or headaches. I rarely went to a chiropractor, but when I was privileged to go, I loved "getting a good crack" in the middle of my back. Aside from that, I cracked my mid back MANY times a day, even right after seeing a chiropractor. The pain was ALWAYS there. The "crack", either on my own or from the chiropractor just felt good to do, but the pain NEVER went away. I would twist, bend back over chairs or talk someone into cracking it for me, but I had constant pain between my shoulder blades.

As I was deciding what I wanted to go to college for, I started out as an accounting major because that seemed like a good career – just something to do to get started. Then, my Dad got me a "Jobs Rated Almanac" that rated 250 careers/jobs on 10 different scales (Outlook, Satisfaction, Demand, etc). I'd always wanted to be a doctor, but didn't think I was "smart enough". In this almanac, chiropractic rated the highest of all the doctors, so I checked into it since I had some experience with it. I went on to focus on science/ pre-med while deciding what kind of doctor I wanted to be. After researching several colleges, I liked Palmer College of Chiropractic and also liked the fact that I could get free chiropractic care anytime I wanted as a student. I thought, "I'm going to get my back popped every single day!!!"

After completing my bachelor in Science and being accepted into Palmer, I could not wait to get a student doctor. My back was killing me, so I got in as soon as I could and I got paired up with Dr. Greg Adams. I thought I would just walk into the clinic, get cracked and walk out, BUT it wasn't that easy. Greg wanted to specialize in Atlas work. I had no idea what that was. When he told me it was the top bone of the spine, my heart sank because this is the student doctor that I was stuck with. I was assigned a student doctor and could not switch. I told him, "But my neck NEVER hurts". I was so afraid that messing with it would make it start to hurt. On top of that, he said he would not "Crack my back" as I asked him to.

Greg then proceeded to look to see if my legs were "off balance". He said one leg was an inch shorter than the other and that was a lot of "imbalance" – whatever that was! Then we went for X-rays. Upon looking at my X-rays, he showed me how my top bone, the Atlas, was tilted and my pelvis was as well. When we got to my mid back picture, it looked like I had a scoliosis! I was in shock because no one had ever taken an X-ray of my spine until now. Greg explained to me that as long as the top bone was tilted and holding my head unlevel, every vertebra below would also be unlevel. My mid back would never be straight until the top bone became level so every vertebra below it could become level. My pelvis would never be level if the top vertebra was tilted. As long as my pelvis was higher on one side than the other, my leg was

going to be pulled up short on the side the pelvis was pulled up on. That's why my legs were "uneven". One leg didn't grow shorter- the leg was just pulled up because the pelvis was pulled up on that side... because the spine was curved... because the top was tilted.

Over the next few weeks, every time I went in to get adjusted, Greg would spend so much time teaching me about the Atlas and the FACT that ALL nerves come FROM the brain, THROUGH the ATLAS, DOWN the spine, and OUT through all the openings along the spine. The Atlas would change how I was structurally (pain), but also open up every nerve in my body (function). My Atlas gradually came down to level straightening out my mid back and pelvis until my legs were LEVEL. BEST I HAD EVER FELT!!! This tiny amount of pressure behind my ear on the Atlas vertebra changed my mid back pain more than ANY mid back adjustment had ever done. The Atlas changed my life and I knew that I had to learn how to correct the Atlas FIRST!! This was the beginning of my dream!

I began studying all different ways of correcting the Atlas Vertebra. I found which one worked the BEST for me and held my Atlas level the longest. I wanted a specific adjustment that I could measure and be MOST specific with, but gentle enough to allow the body to be able to hold and HEAL. I began making trips to Atlanta, Georgia where the developer of the Atlas Orthogonal technique practiced and taught. Dr. Roy Sweat stressed it was ok to look at the full spine AS LONG AS the

Atlas was CORRECTED FIRST. I liked using an instrument that I could SET to SPECIFIC angles according to each individual Patient's X-rays.

I eventually moved to Atlanta to work with Dr. Roy Sweat and learn more and more about the power of the Atlas, how to X-ray specifically, how to analyze X-rays, patient placement, and Atlas CORRECTION. After completing my board certification in Atlas Orthogonal work, my heart was back in Iowa, so I moved back to Ankeny to start a practice and a family with my high school sweetheart.

My original intention was to ONLY adjust an Atlas vertebra, but realized that once the Atlas is level, other vertebra that were specifically traumatized may need some very gentle "help". I call it fine tuning. Once the Atlas is level, I will check to make sure every other vertebra is perfectly aligned through muscle and reflex testing, but I never use my hands to "Crack" the back. Everything I do is with instruments based of what the X-rays show me. The full spine fine tuning is ONLY beneficial once the Atlas is fully level.

The X-rays of my mid back now show a STRAIGHT spine☺ I don't want to think about what my life would be like if I had not met Dr. Greg. Not too many people can say they feel better in their 40's than they did in their teens! The pain I suffered then was to get me to where I am today so I can do what I get to do every single day. That is why I am an Atlas Orthogonal Chiropractor☺

Dr. Amy

