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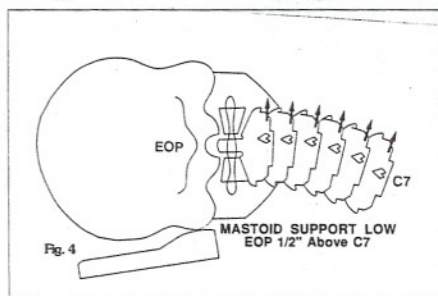
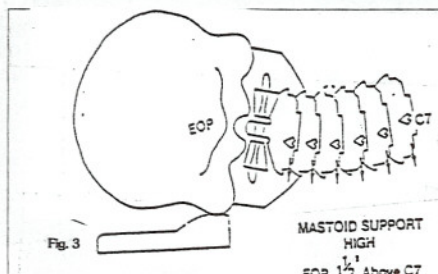
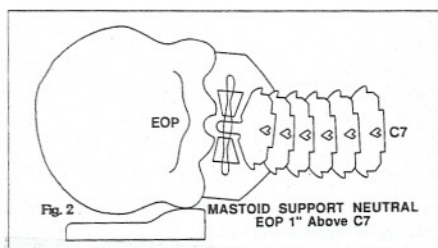
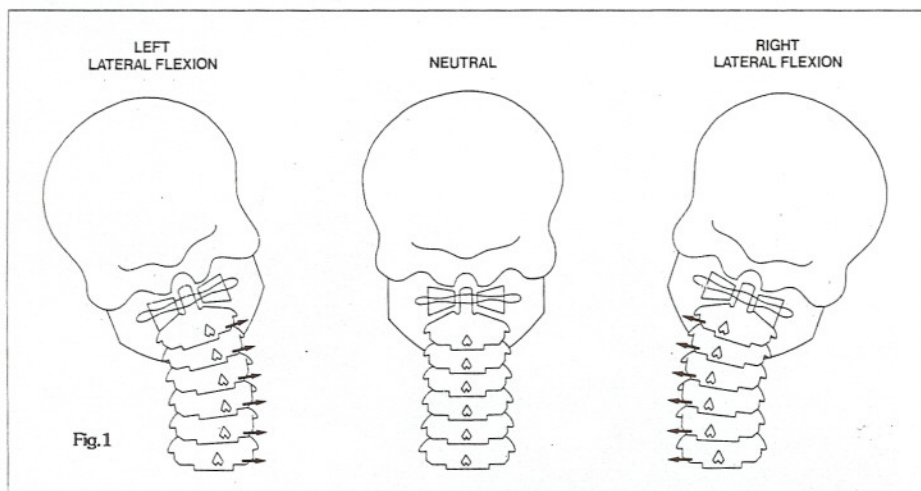
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# Atlas Orthogonal Table Placement

By Roy W. Sweat, D.C.



In regard to height settings for the mastoid support, every typical high, typical low, and atypical subluxation has its individual table placement (Fig. 1). When the patient is in the side position on the chiropractic adjusting table, the spine has a gravitational concave curve. The cranium should conform to this concave curve and the external occipital protuberance (EOP) should be one inch above seventh cervical in its neutral horizontal relationship (Fig. 2).

When the spinous of C-2 is ipsilateral to the laterality of the atlas, the mastoid support height should be increased. This presets the C-2 spinous mechanical action toward neutral (Fig. 3). When the spinous of C-2 is contralateral to the laterality of the atlas, the mastoid support height should be lower. This presets the C-2 spinous mechanical action toward neutral (Fig. 4).

Some upper cervical seminars teach these mechanical principles of the C-2 spinous with the

exact opposite table height settings.

## High and Low Atlas Plane Line

When the atlas plane line is high, the height of the mastoid support should be increased. This presets the atlas plane line toward neutral (Fig. 3). When the atlas plane line is low, the height of the mastoid support should be lower. This presets the atlas plane line toward neutral (Fig. 4).

## Ipsilateral and Contralateral Lower Cervical Spine

When the lower cervical spine is ipsilateral to the atlas laterality, the height of the mastoid support should be lowered. This presets the distal inferior lateral mass articulation with the proximal superior axis facet for the mechanical action to move the axis body toward neutral (Fig. 3).

## Conclusion

The atlas orthogonal table height settings should be preset to have the greatest mechanical advantage of the architectural structure of the cranium and cervical spine for the desired action during the chiropractic spinal adjustment.

*About the author: Roy W. Sweat, D.C., is a noted author, lecturer, and researcher who maintains a private practice in Atlanta, Georgia.*

## References

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