The Fascinating Relationship between the Eyes and the Spine

By Darryl Curl

Very, very interesting articles were sent to me which discuss ocular manifestations of spinal problems. This is great clinical information, a must have for patient care. As promised, here is a brief summary of these articles.

Copies of these articles can be obtained by calling Library Services at the Los Angeles College of Chiropractic. Tell the librarian you want to order one or more articles from the collection titled "Ocular Manifestations of Spinal Problems."

By the way, I want to thank all the readers who called or wrote to express gratitude for my last article. In case you missed that article, go find it (editor’s note: July 29). It is well worth your time. And remember, no matter what you do for the remainder of this year, you must commit to helping our chiropractic educators make the best possible chiropractic student.

Now, on to the business at hand. Listed below are three articles which every chiropractor must have in their professional library. This stuff is amazing.


In the early 1980s, this author developed a series of techniques to improve that part of human movement controlled by vision. He specifically describes how this technique can be used to reduce excess muscular tension in the neck and shoulders, as well as improving how the neck moves. Great information for those patients who cannot hold their adjustments.


It is well known that there is a high incidence of scoliosis in many pathological neuromuscular conditions. Studies have shown that certain problems in the CNS consistently will produce lateral deviations of the spine. These authors concluded that the development of scoliosis in congenitally blind children is simply the response of a deprived mechanism of body development to achieve stable equilibrium in the spine.

The authors conclude there is a close linkage between eye and foot, via the proprioceptive nervous system, and this relationship makes a vital contribution to the control of the spine. They also conclude that the eyes, along with the neck and ankles, play an important role in the organization of whole body posture. This is a great article for the foot specialist!

With each article, I encourage you to write the questions you may have, commentaries on patient care, or thoughts to share with your colleagues to me at the following address:

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Please include a self-addressed, stamped envelope.

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