## Cone Beam CT of the (Upper) Cervical Spine

Cameron Bearder, DC, FABVR, FACFN-c, FABBIR-c, DACNB-c In progress: DCCJP, FNORA Soon: DIANM

March 2025, PostGradDC Virtual Grand Rounds



1

### **DISCLAIMER**

- NO disclosures (full price, but welcome help)
- NO "demands" (give it a couple more years)
- ALL references will be provided (cited)
- ALL CBCT images are from Keystone (unless noted)

I'm here to present compelling information, that's changed the way I practice and approach the evaluation and treatment of the Cervical Spine



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### My HOPE for this presentation is that you (the audience):

- Stay awake and limit private browser surfing during the presentation
- Gain insight into the capabilities for CBCT in Chiropractic
- Use the information to think critically, for simple and complex cases alike
- Think more like a student, as opposed to an "expert" who knows it all



3

### **Presentation Itinerary**

- 1. VERY Brief Intro
- 1. What's CBCT?
- 1. CBCT v CT v X-ray
- 1. CBCT in the Research
- 1. CBCT in Chiro
- 1. The Goods



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Hi, I'm Cameron

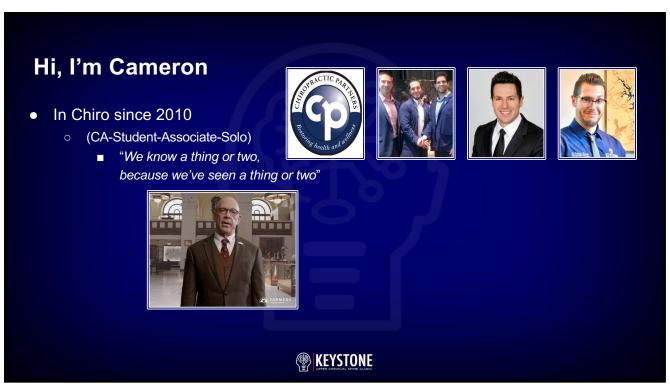
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    - "We know a thing or two, because we've seen a thing or two"







KEYSTONE UPPER CERVICAL SPINE CLINIC









## Hi, I'm Cameron In Chiro since 2010 (CA-Student-Associate-Solo) "We know a thing or two, because we've seen a thing or two" Private Practice in North Carolina Started with "technique glasses" ... Upper Cervical Chiropractic & Functional Neurology

15



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    - "NeuroOrthopedics"



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    - "NeuroOrthopedics"
      - Complex head and neck cases
      - o Clinical Research; focus on cervical biomechanics and ...



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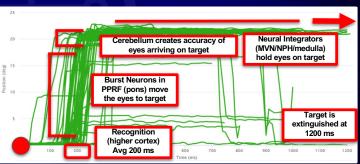


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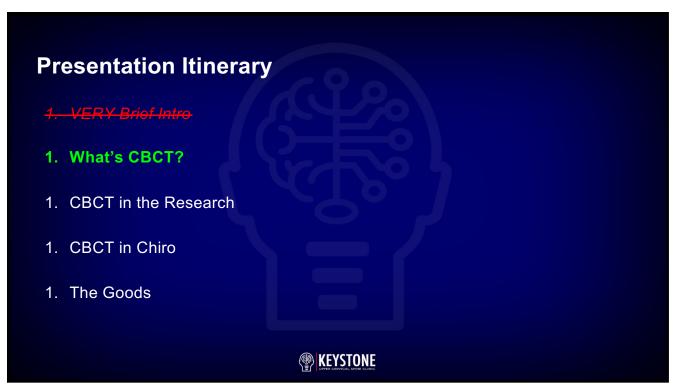
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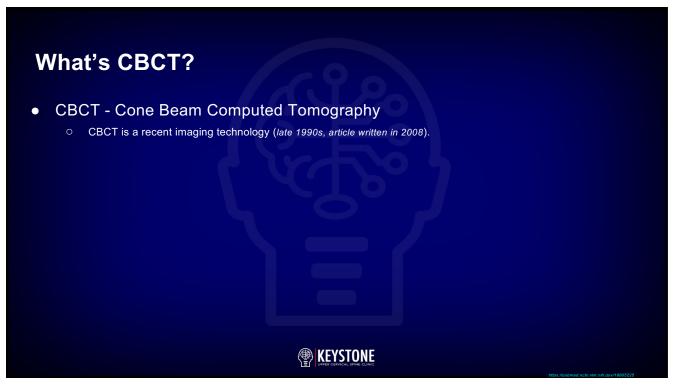
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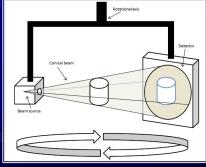






### What's CBCT?

- **CBCT Cone Beam Computed Tomography** 
  - CBCT is a recent imaging technology (late 1990s, article written in 2008).
  - A divergent pyramidal- or cone-shaped source of ionizing radiation is directed through the middle of the area of interest onto an area x-ray detector on the opposite side. The x-ray source and detector rotate around a rotation fulcrum fixed within the center of the region of interest.





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  - o During the rotation, multiple (from 150 to more than 600) sequential planar projection images of the field of view (FOV) are acquired in a complete, or sometimes partial, arc.

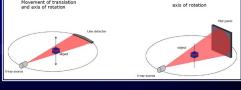




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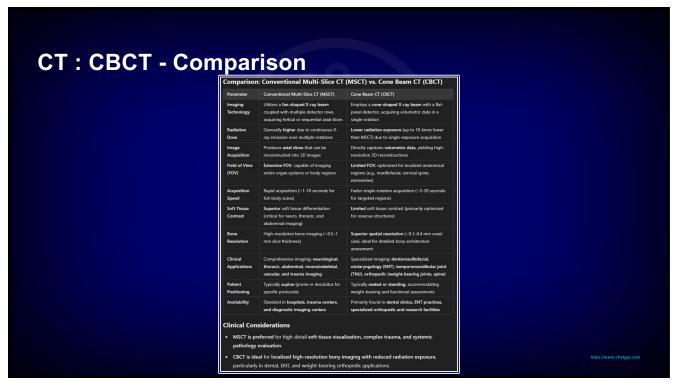
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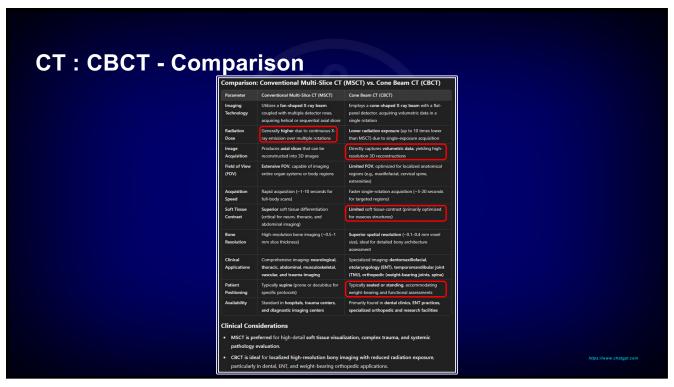
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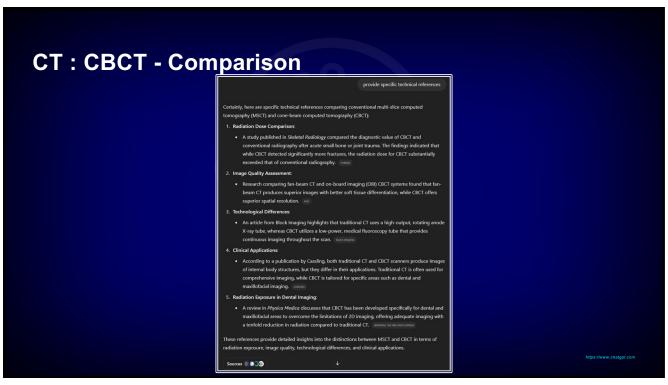
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  - Because CBCT exposure incorporates the entire FOV, only one rotational sequence of the gantry is necessary to acquire enough data for image reconstruction.

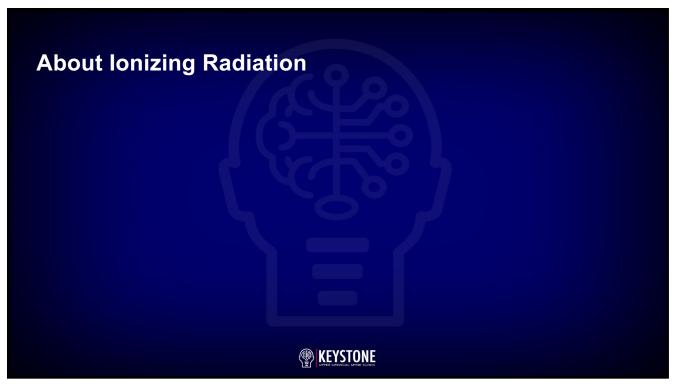


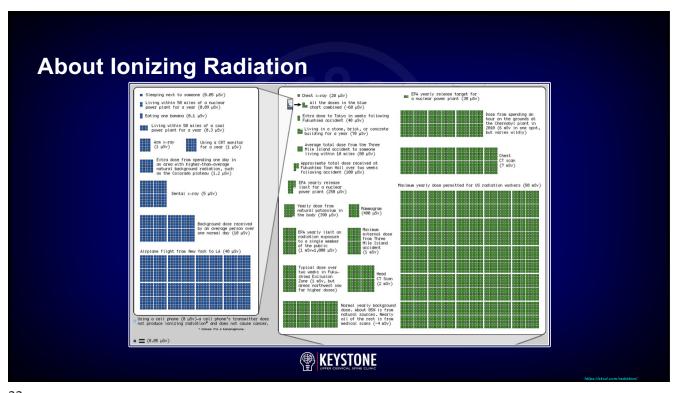


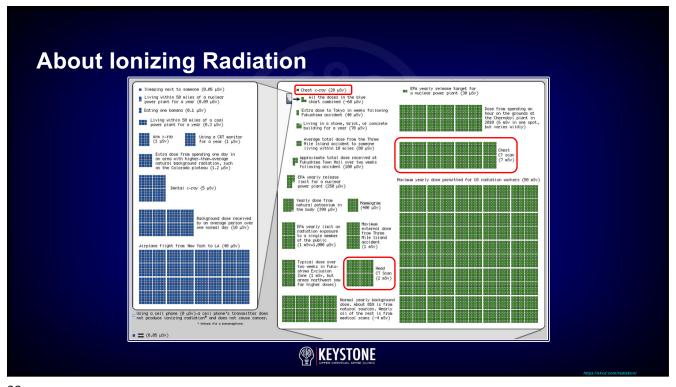


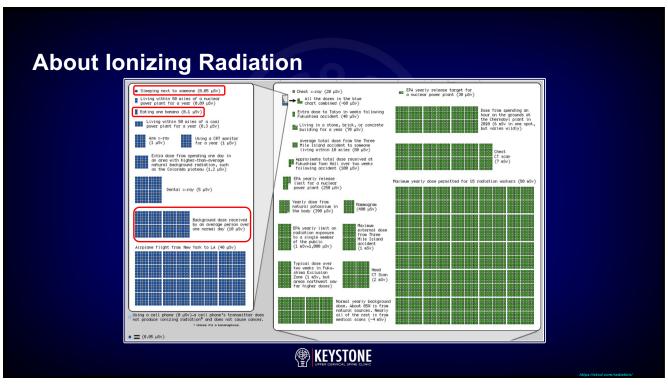




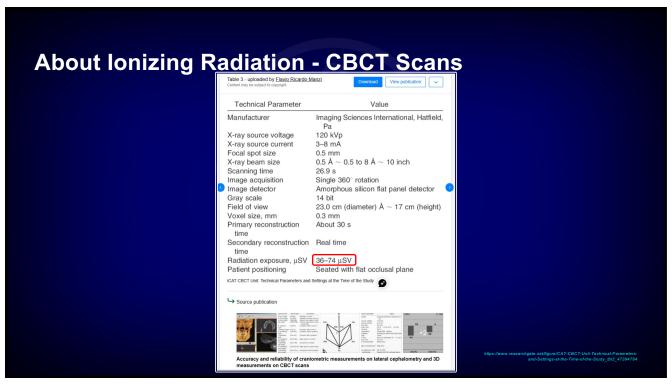


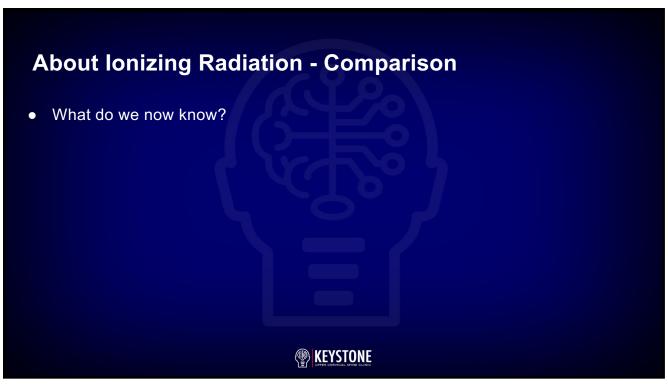


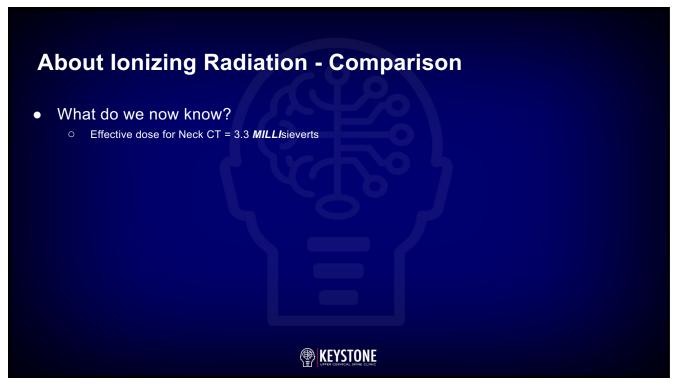


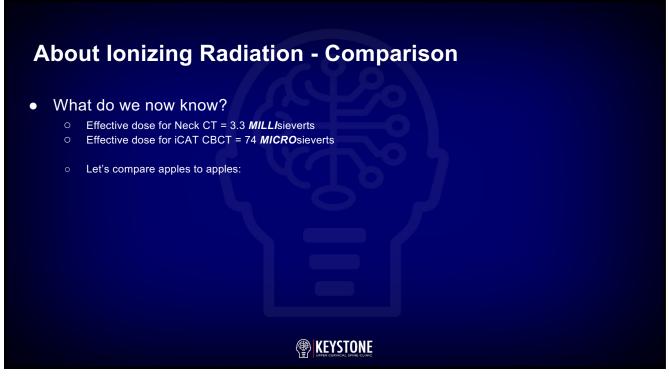


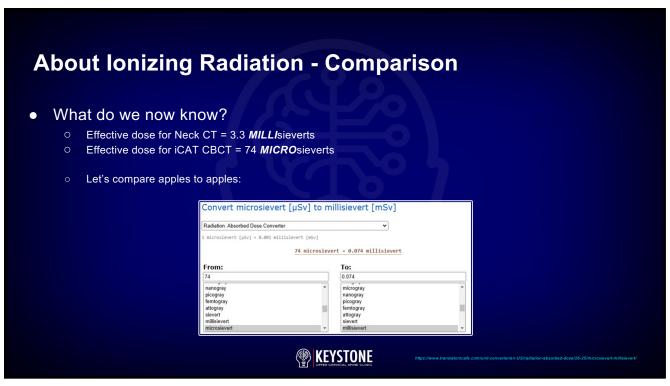
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7	CTDI (=C-)	DIR ( CO III )	F# - 1 - (-0.)
CT protocol Cranium	CTDI <sub>vol</sub> (mGy)	DLP (mGy × cm)	Effective dose (mSv)
Sinus	9	114	0.3
Carotid CTA	14	487	4,8
Neck	13	312	3.3
Chest	12	279	5.1
Pulmonary angiography	12	240	4.3
Chest low dose	2.6	87.9	1.7
Trunk (chest + abdomen)	11	686	11
Upper abdomen	11	251	4.8
Abdomen	11	496	7.9
Complete aorta	10	641	10
Lumbar spine bone	19	347	6.5
Calcium scoring	5.8	90.3	1.9
Prospective ECG-triggered coronary CTA	19	270	5.7
Polytrauma – head	64	1 105	4.6
Polytrauma – trunk	14	1 037	15

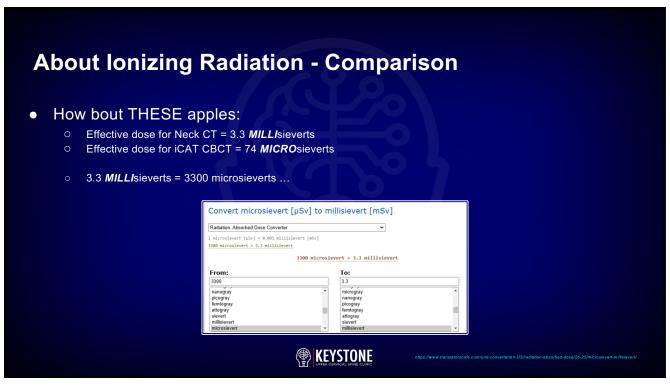




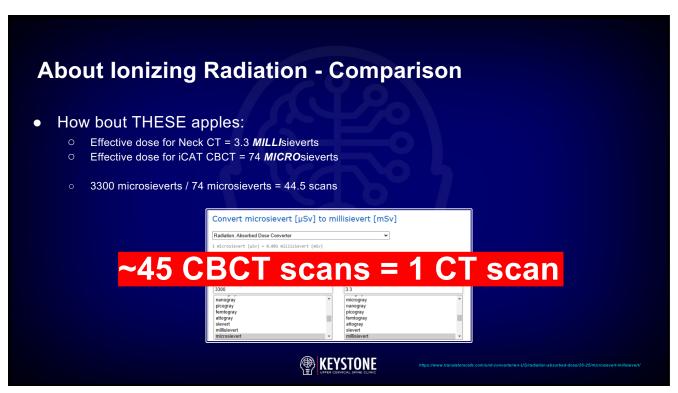








About Ionizing	Radiation -	Compari	son	
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<ul> <li>How bout THESE a</li> </ul>	opies:			
<ul> <li>Effective dose for Neck</li> </ul>	CT = 3.3 <i>MILLI</i> sieverts			
Effective dose for iCAT	CBCT = 74 <i>MICRO</i> siever	e		
5 Elicotive description 16/11	obot 14 imentesieven			
<ul> <li>3.3 MILLIsieverts = 330</li> </ul>	00 microsieverts / 74 micro	signarts = 44 5 sec	ane	
U 3.3 WILLISIEVEI (S - 33)	oo microsieverts / /4 micro	31676113 - 44.0 300	1113	
	Convert microsievert [µSv] to r	millisievert [mSv]		
	Radiation. Absorbed Dose Converter	•		
	1 microsievert [μSv] = 0.001 millisievert [mSv] 3300 microsievert = 3.3 millisievert			
		ievert = 3.3 millisievert		
	From:	To:		
	3300	3.3		
	nanogray picogray	microgray nanogray	^	
	femtogray attogray	picogray femtogray		
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	UPPER UPPER	CERVICAL SPINE CLINIC		







# XR: CBCT - Comparison What about when we compared the tried-and-true to the fancy-and-new? Is CBCT any better than XR? Well ...

What about when we compared the tried-and-true to the fancy-and-new?

 Is CBCT any better than XR?

 Well ...

 Effective dose for iCAT CBCT = 74 MICROsieverts

 Effective dose for Cervical XR (A-P & Lateral) = 1440 MICROsieverts

 The realization exposure associated with cervical and plus lumbar spine radiographs

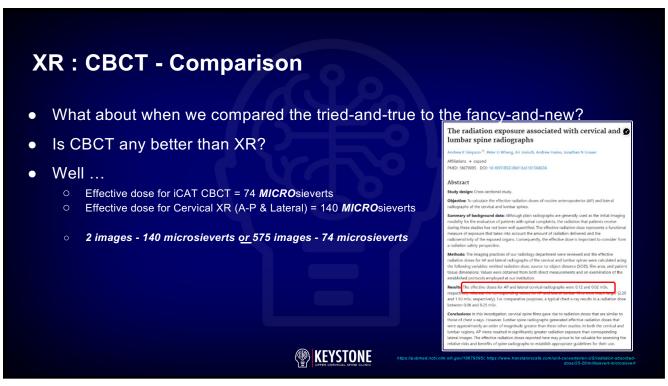
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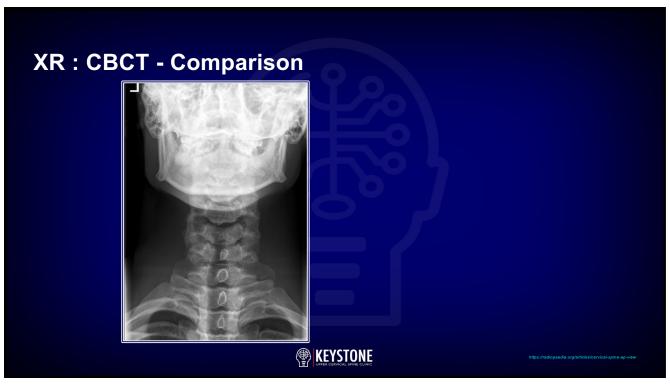
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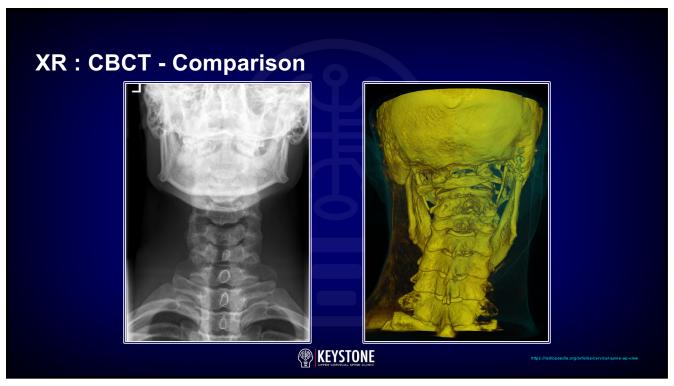
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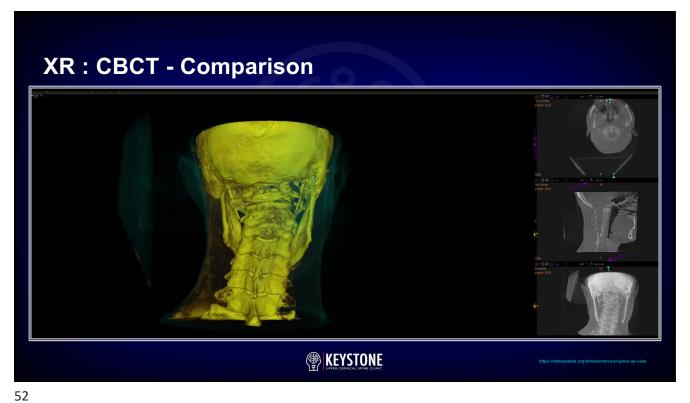
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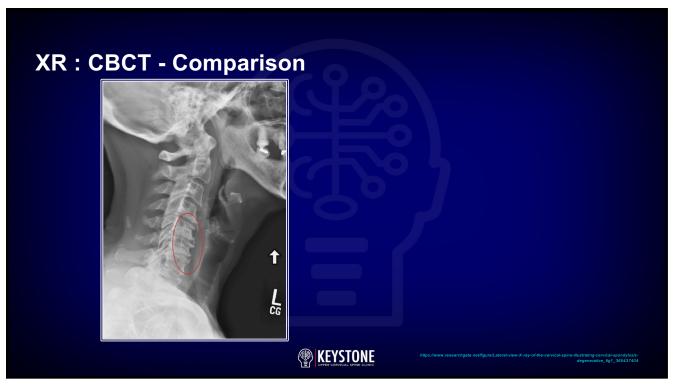
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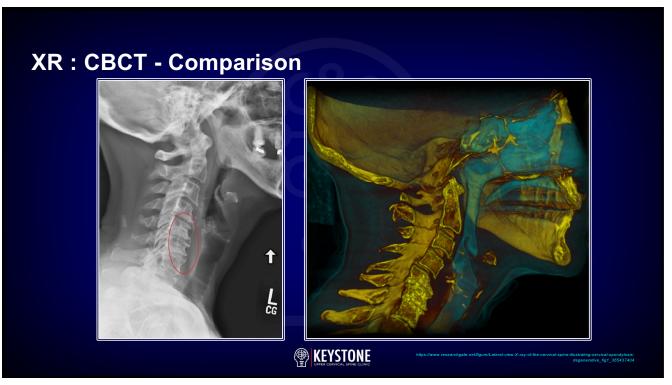


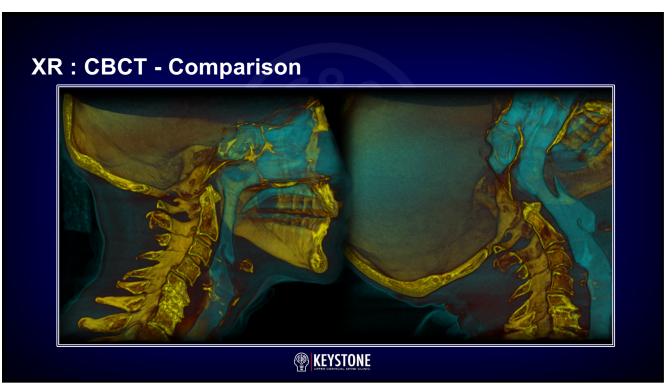








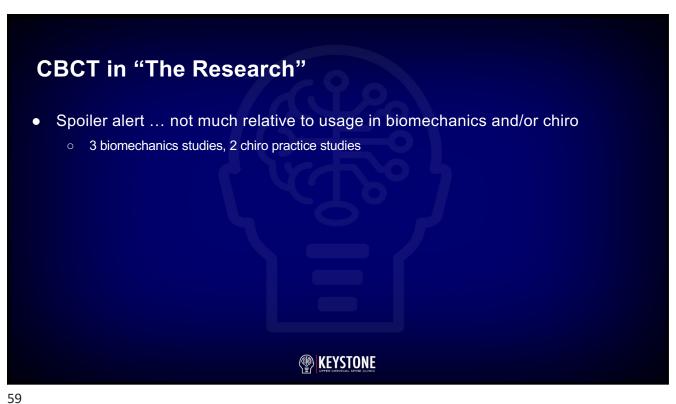




mpare-Contrast: CBCT v DMI v Xray								
	Time	Exposure	Source					
CBCT (6DOF + Neutral)	~20 minutes	0.518 mSv	Tang et al (PMID: 34593735)					
DMX (5 Studies)	~10 minutes	Similar to DAVIS or 5.500 mSv	Katz et al (PMID: 32150926) Hauser (caringmedical.com)					
DDR (3 Studies)	~10 minutes	1.800 mSv	Konica Minolta (healthcare.konicaminolta.us)					
Xray (Davis Series)	~25 minutes	0.540 mSv	Simpson et al (PMID: 18679095)					
Cervical CT Scan		3.300 mSv	(slide 10)					
Flight from NY - LA		0.040 mSv	(slide 10)					
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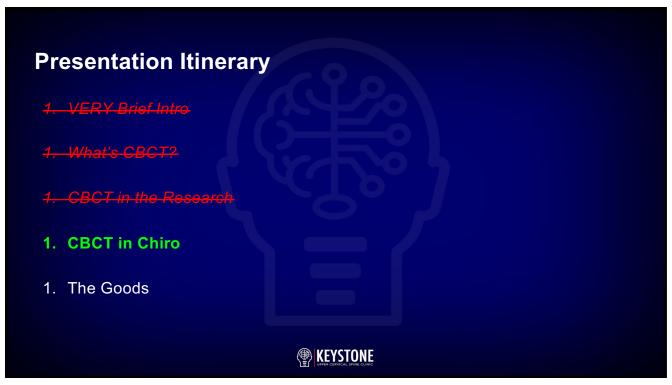


## CBCT in "The Research" ■ Spoiler alert ... not much relative to usage in biomechanics and/or chiro | KEYSTONE | CBCT in "The Research" | CBCT



**CBCT in "The Research"** 3 biomechanics studies Validation and application of a novel in vivo cervical In vivo 3-Dimensional Kinematics Study of the Healthy Cervical Spine Based on CBCT Combined spine kinematics analysis technique with 3D-3D Registration Technology Zongmiao Wan  $^{\#,1}$ , Wenjin Wang  $^{\#,2,3}$ , Chao Li  $^{1}$ , Junjie Li  $^{2}$ , Jinpeng Lin  $^{2}$ , Fei Tian  $^{2,4}$ , Ting Zhu  $^{2}$ , Danni Wu  $^{2}$ , Luqi Guo  $^{2}$ , Shaobai Wang  $^{5,6}$ Affiliations + expand PMID: 34593735 DOI: 10.1 PMID: 34930931 PMCID: PMC8688511 DOI: 10.1038 KEYSTONE UPPER CERVICAL SPINE CLINIC





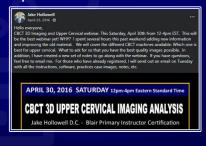
# • From the ancient Facebook Threads ... likely circa 2010; Ciao, Italia!

63



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- Rumors of a CBP Chiro ... cannot confirm nor deny













