

What is a Chiropractic Adjustment?

A spinal adjustment is a special procedure your chiropractor uses to correct or relieve your vertebral subluxation complex.

Your chiropractor spends years mastering this procedure. There may be many subluxations in your spine and consequently you may receive many adjustments.

On some days there may be no subluxation and you will receive no adjustments.



Artistic & Scientific

Once your chiropractor has determined the location of your vertebral subluxation complex, the following checklist will go through his/her mind:

- In which direction are the vertebrae out of alignment?
- What is the minimal amount of force necessary for re-alignment?
- Which is the best technique to use?
- Are there any factors which would prevent the adjustment?
- Is the patient relaxed enough for the adjustment?

A Mental Checklist

An experienced chiropractor goes through this mental checklist quickly. Many chiropractors would also include in the checklist a certain “feeling” when an adjustment is just right. This “feeling” can’t be put into words, but when the chiropractor has you under his or her hands, a sort of intuition comes into play. Perhaps we can call this simply “experience”.

Physical Differences

An adjustment from one chiropractor may feel different when given by another chiropractor. One reason for this is that each chiropractor is physically different: some are tall, some are short, they have different sized hands and they use different spinal adjusting techniques. These differences are natural when dealing with adjusting, for, as stated earlier, it is an artistic as well as a scientific procedure.

The Same Goal

But all chiropractors have the same goal in common – the elimination or reduction of the subluxation.

Putting The Bone In Place?

When your chiropractor introduces a force into your spine, he/she is not really “putting the bone back in place.” The adjustment is unlocking the jammed or fixed vertebra from its stuck position and permitting it to move where the body wants it to go. Only the body knows exactly where the

vertebra should go. The chiropractor can, however, make a reasonable determination of the general direction using analysis tools: X-ray, motion palpation, study of the electrical quality of the muscles (S-EMG), imaging tools such as MRI and other spinal analysis procedures.

The Body Is Always Trying

Your body is always trying to re-align or adjust your spine. The back muscles are continuously working to pull the vertebra back to where it belongs. The chiropractor doesn’t actually put the vertebra back in place – he/she supplies just the little bit of force needed to free the vertebra so your body will re-align it.

Like A Stuck Car

It’s like when your car was stuck in the mud and the wheels were spinning and spinning. Then along came a friend who pushed the car so that the wheels finally caught and pushed the car free. Now, did your friend really push your two-ton car out of the mud? Of course not! He just supplied the right amount of force in the right direction that the car needed to dislodge itself.

Do Chiropractors Need To Be Strong?

Do you have to be strong to give an adjustment? No, strength is not necessary – skill is. An adjustment has little to do with actual strength since the body is always trying to pull the vertebra back into proper alignment. Most of the force is already there. Just the right push in the right

direction should be all the force that is needed. A small female chiropractor of slight build, can, with the proper adjusting technique, move man-mountains.

Chiropractic Adjusting Techniques

Not all chiropractors work alike. The chiropractic profession has developed over a hundred different methods used to analyze the spine for subluxations and adjust the subluxations away. These methods are referred to as “techniques”. Most chiropractors are familiar with at least a few of the techniques used. Each chiropractor has a favorite one that he or she employs for the majority of patients. In the Nilsson Chiropractic Centre the main techniques used are: Diversified and Thomson-Drop, however in certain instances the following techniques are also used: Activator, Integrator, SOT, Gonstead, Upper Cervical and Toggle-Torque-Recoil (MCT).

Postscript

No matter what disease or condition you have, you can benefit from a healthy spine. Spinal health can be as important for your overall healing as proper nutrition. Are you and your family carrying the vertebral subluxation complex in your spines? Only a chiropractic spinal checkup can tell.

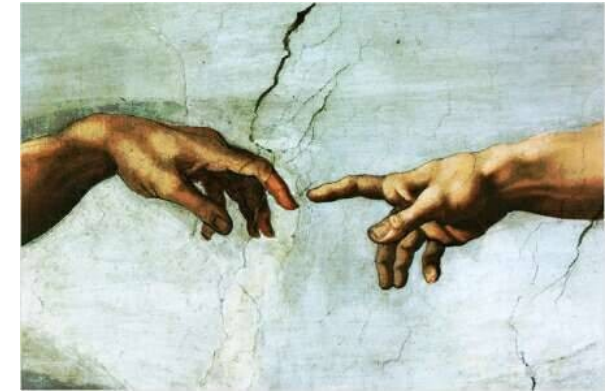
Among the many things contributing to your health: the quality of the air, food and water you take in; how you handle emotional stress; your inherited weaknesses and strengths; your use of drugs; exercise; and relaxation – a healthy spine is

absolutely essential. In some people it is a major factor and can make the difference between a life of health, strength and vitality or a life of disease, weakness and disability.

A healthy spine can improve your life
– see your chiropractor for periodic
spinal checkups.



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