



# Chiropractic Adjustment

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A Chiropractic adjustment is performed by Chiropractor focusing on a specific joint, using a specific force, with specific pressure going in a specific direction. Basically, the doctor applies pressure to the bone and unlocks it from its improper position. It is the intention of the Chiropractor to improve spinal and system function. Adjustments help return the bones to a more normal position, or motion, thereby restoring the body's natural healing.

Adjusting has been called an "art" by many. There are many different techniques, and it is up to the Chiropractor to determine which technique will most effectively correct subluxations with minimum force. Each doctor and each patient are different and may require a special separate and individual approach. The doctor will take into consideration a person's age, sex, weight and bone/muscle structure to determine the most effective adjustment technique to use.

Very few patients report that there is any pain associated with having an adjustment. It is common to hear noises such as popping sounds, which are normal and occur when tiny pockets of gas in the joints are released.

# Chiropractic Techniques

## *Different Bodies Need Different Care....*

Our doctors have extensive experience in researched and practical application of chiropractic techniques including:

- COX Flexion-Distrraction Disc Decompression



- Diversified Adjusting and Manipulation



- Activator
- Trigger Point Release



- Manual Therapy



- Physiotherapy

- Sports Extremity Adjusting

After performing a chiropractic exam, x-ray review, and a health history report, we will determine which technique is best suited for your type of care.