

What is the Adjustment?

Basic Concepts

When you started chiropractic care you learned a new word... subluxation. There is another term that is just as important to understand... adjustment. What does "adjustment" mean? It means to correct or make right. How come chiropractors don't just call what we do a "treatment"? Because the word "treatment" refers to something that is done to treat a condition. The treatment of conditions is not the chiropractic objective. As long as we are speaking of semantics we also don't use the terms crack, snap, pop, or manipulate to refer to what a chiropractor does. To demean chiropractic with those terms is like referring to a Stradivarius violin as a fiddle and the violinist as a fiddler.



What is the Purpose of the Adjustment?



The purpose of the adjustment is not necessarily about moving spinal bones but about gently introducing impressions that remove interference to your nervous system. When your nervous system is restored through an adjustment the body is allowed to regenerate and revitalize itself. Your life force and inborn potential is housed within your nervous system and with the adjustment we release that and allow the body to heal from within. Regardless of the technique used, the objective always remains the same.

Chiropractic has never been about back and neck pain, but about restoring health and wellness to the body.

Have you noticed that you are not adjusted the same way on each visit?

Have you noticed yet that you are not adjusted the same way each time you come to the office? Or have you noticed that the same areas are not always adjusted each time you come to the office? Or have you noticed that other members of your family are not adjusted the same way that you are? Why is that?

You are adjusted on any given office visit according to the pattern of subluxation that we see at that time, your age, your size and body type. Our adjusting techniques may consist of manual (by hand) adjustments, seated adjustments, table assisted drop adjustments, "non-force" contacts or adjustments using a small mechanical, precision instrument.

Would the chiropractor use the same force to adjust a 110 pound ballerina and a 220 pound bodybuilder? Or would the same force be applied to adjust a baby and an 80 year old bingo-playing grandmother?

Of course not... There are "different strokes for different folks". In fact, adjustments can be so gentle that it is not uncommon to apply an adjustment to a sleeping infant and not even have the baby wake up. The adjustment is custom tailored for each individual.



How can you receive the best possible adjustment?

- (1) Turn off your cell phone, empty your pockets, lie down on the adjustment table and relax.
- (2) Clear your mind and body and cultivate an inner calmness.
- (3) Please don't speak while the adjustment is being given.
- (4) Allow yourself to heal. Know that you are completely capable of healing yourself and allow the magic of the life force within you to restore you.
- (5) Focus your mind's eye internally. See and feel the nerve impulses and energy being released to all the parts of your body.
- (6) Rather than jumping up to leave take a few deep breaths and move purposely.

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