



# What are Chiropractic Adjustments?

## WHAT IS A CHIROPRACTIC ADJUSTMENT?

All chiropractors have the same goal: the elimination or reduction of your subluxations—misaligned bones in the spine—reducing the stress on your nervous system.

## WHAT IS A SPINAL ADJUSTMENT?

A spinal adjustment is a highly specialized procedure your doctor of chiropractic uses to free your body from a serious form of health-destroying stress called vertebral subluxation complex. It takes years of training for your chiropractor to master the techniques needed to locate and correct your subluxations.

## PUTTING THE BONE IN PLACE?

Your chiropractor is not really “putting the bone back in place.” The adjustment is unlocking the jammed vertebra and nearby tissues from their stuck or fixated positions, which frees them to move where the body wants them to go. Only the body knows exactly where the vertebra needs to be. The chiropractor can, however, make a reasonable determination of the general direction using analytical tools: motion palpation, study of the electrical quality of muscles (S-EMG), imaging tools such as MRI and x-rays or other spinal analysis instruments.

## THE BODY IS ALWAYS TRYING

Your body is always trying to realign or adjust your spine and return to a state of ease or relaxation. Areas of stress or tension are unnatural states and need to be released. 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, they supply the appropriate force needed to free the vertebra so your body will realign it naturally.

## CHIROPRACTIC ADJUSTING TECHNIQUES

Not all chiropractors work alike. The chiropractic profession has developed many different techniques to analyze the spine for subluxations and to adjust or release the vertebral subluxation complex. Each chiropractor has a favorite technique. Why not ask your chiropractor what type of adjusting technique he or she uses and why?

*Chiropractic adjustments are safe, gentle, and effective!*

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