

adjustments



Safe and Natural

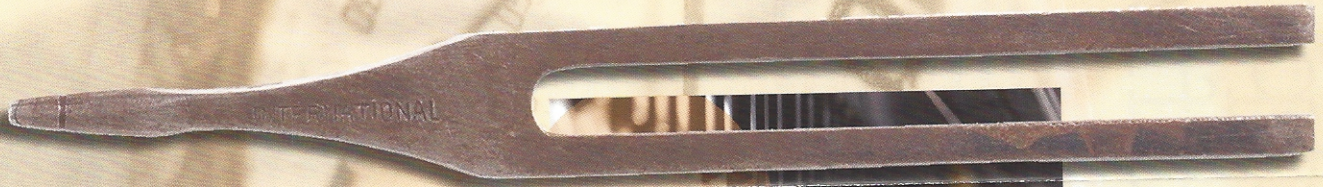
Chiropractic is a team approach to better health. As you enjoy results, tell those you love. Explain how millions enjoy relief and better health by restoring the integrity of their spines and nervous systems with safe and natural chiropractic care.

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Reference citations at www.chiropractic.com

WHAT PATIENTS WANT TO KNOW ABOUT ADJUSTMENTS

Spinal joints that are "locked up," fixated or not moving right can affect your health by "choking" or irritating nearby nerve tissue. Chiropractic adjustments add motion to these stuck areas. This helps restore nervous system integrity and can improve the healing process.



Like an experienced piano tuner, your chiropractic doctor has become a master at fine tuning the way your spine works.

How Does It Work?

Chiropractic Specific.



There are many ways to adjust the spine.



Sometimes the doctor's hands deliver a quick, highly accurate thrust. Or an instrument directs a repeatable force to a fixated spinal joint.

Other times a slow constant pressure is used. Some chiropractic doctors use special tables with moving sections. Several areas of the spine may be adjusted, or just one area.



What do adjustments feel like?

After the brief thrust, many patients report a sense of well-being or a feeling of calmness. Others feel improved mobility. Inflammation or muscle spasms may delay these positive effects. Chiropractic doctors excel at making adjustments comfortable and effective.

Adjustments are:



Targeted.

Focused.



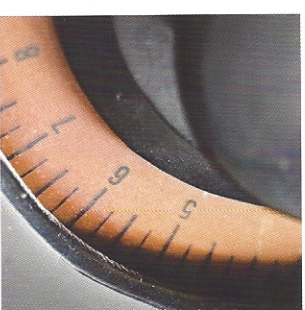
With the intent of reducing nervous system irritation, chiropractic

adjustments are specific. Targeted. Focused. And more precise than spinal "manipulations" or "mobilization." It is this precision, combined with the purpose of reducing nervous system irritation, which has helped so many people.



Just about anyone can be adjusted. Newborns, infants, children, seniors

and even failed back surgery patients can benefit. Naturally, your doctor tailors your chiropractic care to your size, age and unique health problem.



Adjusting approaches are modified to suit the specific needs of each patient.

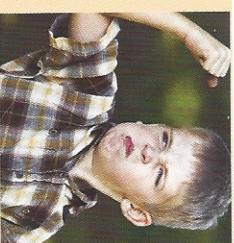


Adjustments use the least amount of force needed to get fixated joints moving again.



Are adjustments safe?

Yes. A New Zealand government study concluded that chiropractic adjustments are "remarkably safe." Taking an over-the-counter pain reliever is about 100 times more risky.



Will adjustments make my spine too loose?

No. Only the "locked up" spinal joints receive adjustments. This allows weakened muscles and ligaments to stabilize and heal.



What makes that sound?

Lubricating fluids separate the bones of each spinal joint. Some adjusting methods can produce a sound when the gas and fluids in the joint shift. It's like opening a soda can or removing a suction cup. The sound is interesting, but isn't a guide to the quality of value or the adjustment.