**What is Chiropractic?**

Do you use an Activator? Do you know kinesiology? Do you have a stim machine? These are some of the many questions I get asked from new patients on the phone and when they come to the office. These are often asked by those who have seen a chiropractor before that has utilized these techniques and/or therapies on them. Some are looking for a chiropractor who practiced a certain way and this is perfectly fine, I like to be adjusted a certain way too. This does raise the question though, with all of these different approaches that chiropractors use, what is chiropractic?

Some of the techniques: Gonsted, Toggle, Thompson, Logan Basic, Flexion-Distraction, Activator, Pettibon, Pro-Adjuster, Diversified. How about using therapies? If one uses therapies then which ones? Those that use a more hands on approach such as traction, trigger point therapy and exercise? Or therapies that are more hands off such as stim, ultrasound, cold laser, and heat therapy?

Chiropractic means something different to everyone, including chiropractors. Unlike conventional medical doctors who all primarily give medication to solve problems, chiropractors practice in multiple ways. This is due to multiple factors such as where they went to school, who they may have worked for out of school, how big or small they are (some techniques are easier on the chiropractor than others) and if they’ve hurt themselves (a chiropractor may no longer be able to use a certain technique after an injury). Some schools of thought say that using anything but one’s hands to adjust someone isn’t chiropractic and in the founding of chiropractic long ago this was true, but back then there were few options. In Greek ‘chiropractic’ means ‘practice by hand’, so only using one’s hands seems appropriate. But the premise behind chiropractic is aligning the spine to maximize the body’s ability to heal, which states nothing about the use of hands.

I went to a school that was primarily focused on a hand’s on chiropractic approach, as such I gravitated to techniques and therapies that are all hand’s on and this was reinforced while working for a chiropractor out of school who took the same approach. While in school I learned that certain techniques work better than others with certain people and this is how I approach treating people now, figure out what works best for each individual that comes in to get them the best results. One chiropractic technique or approach is not better than another, but some techniques work better than others on people and that is the responsibility of the chiropractor to figure out what will work best for you.

So what is chiropractic? It is the process of putting the body in a position to maximize its ability to heal. However, each chiropractor might take a different approach to achieving this and this is okay as there are multiple ways of doing this and all of them have their benefits. And if you’re someone who prefers a certain chiropractic technique learn what this is so that it will be easier to find a chiropractor who practices this way in the future if needed.

**Feel Free To Forward This Information To A Friend!**   
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This information is solely advisory, and should not be substituted for medical or chiropractic advice.  Any and all health care concerns, decisions, and actions must be done through the advice and counsel of a health care professional who is familiar with your updated medical history.