

SPINAL MANIPULATION

There are more than 100 different adjustment techniques used by chiropractors throughout the world. Generally, your chiropractor will use 8 to 10 different types of adjustments. The common goal of most chiropractic techniques is to restore or to enhance joint function, ease joint inflammation, and reduce pain. Some of the techniques use some force (spinal manipulation), while others are more gentle (spinal mobilization).

Spinal Manipulation, also called the **diversified technique** or **HVLA** (high-velocity, low-amplitude thrust), is the most frequently used chiropractic technique. The manipulation often results in an audible “pop” as your chiropractor applies a controlled sudden force to a joint while your body is positioned in a certain way.

Your chiropractor will adapt treatment plans to meet your needs. Typically, chiropractic treatment plans involve some forceful and some less forceful spinal adjustment techniques during the same visit or over the course of treatment (6 to 10 visits for a typical patient).

Some conditions (such as osteoporosis), pathology, patient size, patient comfort, or patient preference may require a gentler approach referred to as **spinal mobilization** that does not involve twisting of the body or a forceful thrust.

In addition, your chiropractor may employ adjunctive therapy, such as ice or heat or physical therapy modalities (such as **electric stimulation**, ultrasound, etc.) as part of your treatment plan.



With the **diversified technique** (HVLA), your chiropractor will apply a short (low-amplitude), quick (high-velocity) thrust over restricted joints (one at a time) with the goal of restoring normal range of motion in the joint. The patient’s body is positioned in specific ways to optimize the adjustment of the spine.

The **Gonstead Adjustment** is an HVLA adjustment, similar to the diversified technique, the difference is in the evaluation of (locating) the problem joint and in the body positioning. Specially designed chairs and tables may be used. This technique is sometimes also called the “Palmer-Gonstead” technique.

Thompson Terminal Point (or Drop) technique involves specialized treatment tables that have sections that drop a short distance during an HVLA thrust, with the idea that the dropping of the table piece helps move the joint. Here, the traditional “cracking sound” may or may not occur and, therefore, this type of manipulation may be considered a form of mobilization, or a gentle adjustment approach.

THE “POP”

The sound often heard during an HVLA manipulation is called cavitation. The pop is caused by the release of gas when the joint is pushed a short distance past its passive range of motion.

Information from articles: “Understanding Spinal Manipulation” and “Spinal Manipulation: High-Velocity Low-Amplitude (HVLA)” by Steven G. Yeomans, DC.

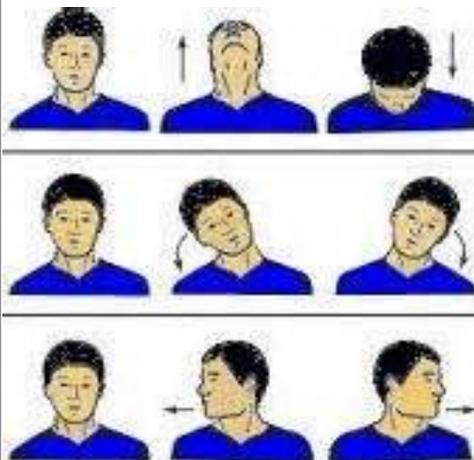
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In *Cutter Rock Center*:

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