

CHIROPRACTIC PROCEDURES

Drop Table Adjusting: To align the spine and any other joint that is locked into a reduced range of motion. The table drops approximately $\frac{3}{4}$ " as the fixed joint is freed to regain motion. This requires much less force and is very comfortable.

Activator or Instrument Adjusting: A very safe and gentle procedures, which is helpful for the smallest or most frail members of the family. These include mechanical and electrical instruments that utilize greatly increased speed and greatly reduced force to deliver very gentle, specific adjustments that are well tolerated by infants and our most senior patients

Traditional Chiropractic and Osteopathic Techniques

(high velocity, low amplitude thrust):

These techniques are designed to resolve joint fixations by manual methods. Some force is involved, the joint goes "pop" and the patient says "ahhhhh." Throughout history, every great culture employed spinal manipulation as a health promoting treatment. Although some patients are intimidated by this method it is indeed a very safe and effective procedure.

Applied Kinesiology: A special way to diagnose the need for stimulation of neurological reflexes by finding weak muscles and using specific treatments to help them regain strength. (Great for athletes). In this system, muscle weaknesses may be associated with spinal misalignments, lymphatic congestion, reduced vascular supply, meridian energy (acupuncture) distortions, or altered physiology of organs and glands. By finding the underlying condition that weakens the muscle normal function is restored. Many times these problems exist long before any pathological (disease processes) development is manifest. Correction of these conditions at an early stage promotes wellness rather than waiting to treat the later stages of the disease process.

Active Release Technique: A very special muscle stretching technique to resolve conditions such as fibromyalgia, carpal tunnel, shoulder and arm pain, hip, knee, leg and ankle pain, back pain, etc... Muscle imbalances, including Myofascial and nerve adhesions, over time result in joint irritation. This results in chronic inflammation and eventually arthritis of the irritated joint. Rather than drugs or surgery, we find the offending muscles and rehabilitate them, returning their strength and ability to function properly. This procedure is great for repetitive motion injuries and other types of work related problems.

Strain / Counter-strain (Jones Technique): A very specific procedure to relax hypertonic muscles that are causing pain. Dr. Jones, an osteopath, found that very specific muscle spasms cause unrelenting, acute and chronic pain syndromes. By finding the most tender point of the affected muscle then placing the patient in a position of ease the muscle spasm releases and the patient improves quickly and many times quite dramatically. This procedure is particularly useful when adjustments, physical therapy, or other remedies have been unsuccessful. I have personally treated patients suffering from unrelenting pain for years who have responded very well to this type of care.

Matrix Repatterning: During episodes of very hard traumas such as, motor vehicle accidents, slip-and-fall impacts, or other blunt-force traumas, specific tissue injuries result which may become "Primary Areas of Restriction." These especially include bones, and the solid organs. Bones, including upper and lower extremities, pelvis, spine, and cranium, can, through trauma, lose their flexibility. Imagine bones having a plastic quality, this means there is an opportunity for subtle bending, twisting, lengthening, and compression which are physiologically normal. After hard trauma (but not enough to

cause fracture) bony tissues can be locked or become stiff and lose their plasticity, thus becoming restricted. These Restrictions cause improper muscle pulls, joint irritation (arthritis), nerve adhesions, and spinal distortions. Organs (especially the solid organs, including kidneys, liver, spleen, lungs, and heart) are like water balloons inside of our body. When a significant trauma occurs they can be thrown about which pulls them away from their normal position. Organs have a normal physiological motion such as moving up and down with the diaphragm during breathing. Loss of this inherent motion creates restrictions that result in abnormal tension on the organs and spine. Patients having restricted organs or bones will many times receive repeated spinal adjustments to the same areas with no lasting positive effect. Resolving these primary restrictions will frequently result in more lasting relief from chronic conditions.