

Adjustments



Adjustments are the tools chiropractors utilize to correct mis-alignments in the spine. The spine is the bony protective covering for the spinal cord. If the spine is not in its proper position, tiny delicate nerve tissues can become compressed, stretched or irritated causing a myriad of symptoms in the body.

After a thorough history and physical exam, your chiropractor will use a very specific adjustment tailored to your specific problem. An adjustment is the precise technique chiropractors use to perform corrections to the spine, alleviating stress and strain on the nervous system. Chiropractors are highly trained to deliver a precise adjustment every time. Millions of people have experienced the benefits of receiving chiropractic adjustments regularly because they are so safe and effective. Even children receive chiropractic adjustments to correct spinal problems caused by everyday childhood traumas. Many people choose chiropractic because it corrects the problem naturally without the use of drugs & surgery.

Many patients ask, "What's that cracking noise when I am receiving an adjustment"? A joint is partially made of fluid allowing the joint to remain lubricated, similar to the oil in a car. When a chiropractor performs an adjustment, patients will often hear a noise. The noise is simply the release of gas similar to the noise heard when opening a can of pop.