

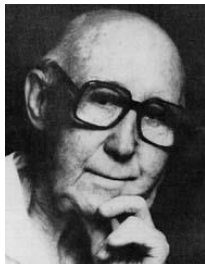
Directional Non-Force Technique®

A unique alternative to traditional forceful chiropractic

What is it, history, how it's different



Directional Non-Force Technique® (D.N.F.T.®) is one of the oldest non-force techniques of chiropractic. It is different from traditional chiropractic in that it does not involve any twisting, popping or cracking of the spine. It is subtle and non-invasive yet powerful and effective. Another standout of D.N.F.T. is its method of diagnosing subluxations (misalignments of the body causing nerve interference). In addition to palpation and visual inspection, a leg length reflex is utilized to reveal subluxations of the body. Simply put, the leg length reflex is the body's reaction to an external challenge, similar to a defense posture when one is injured. Once subluxations are identified, a correction is performed with a low force thumb thrust.



D.N.F.T. was developed by Dr. Richard Van Rump (pictured left) in the 1920's. Dr Van Rump started out as a professional boxer in New York at the young age of 16. Before he and the other boxers would enter the ring for a fight, the trainer would perform a cervical manipulation on them after checking their leg length. This experience left Dr. Van Rump with a curiosity about leg checks and manipulation, which would lead to the next phase of his life.

After his career as a boxer ended, Dr. Van Rump decided to become a chiropractor, much influenced by the experience he had with his boxing trainer. He entered the National College of Chiropractic, in Chicago, in 1921. As an intern there, he developed a reputation as a very forceful adjuster. Fortuitously, he had an experience that changed his thinking about how much force was really necessary to correct a subluxation. He was about to treat a patient of his but was running out of time. Instead of performing his usual forceful adjustment on this patient, he only examined her spine with light forces. The next time he saw this patient she remarked to him how she felt the best she ever did after her last treatment. Dr Van Rump was surprised at this, as he felt he really "didn't do anything" on this patient. This sparked his curiosity again and he began to experiment with different ways of correcting subluxations utilizing light force adjustments. In addition, he included the leg length testing he had observed by his trainer into his research. After years of research and refinement, D.N.F.T. was born. It is regarded as one of the most precise and effective forms of chiropractic. Dr. Van Rump began teaching this technique

around the country in the 1940's. He continued researching and refining the technique until his death in 1987.

Hallmarks of D.N.F.T.

- Safe and gentle
- Precise and thorough
- All musculoskeletal systems can be analyzed for subluxations: spinal, extremities, cranial, soft tissues
- More face time with the doctor. Because of the complexity and thoroughness of the technique, D.N.F.T. practitioners generally spend more time with their patients.
- X-rays are not utilized in the diagnosis of subluxations with D.N.F.T. X-rays are only requested in cases of trauma or to rule out other pathologies.
- No "3 visits a week for months." Many chiropractors have their patients return several times a week for months or have patients sign a contract for a certain number of visits. D.N.F.T. doctors do not practice like this. Usually only 4-6 visits (depending on severity and complexity of case) are necessary in the beginning, then as needed after that.
- A chiropractor dedicated to their craft. D.N.F.T. is not an easy technique to learn and perfect. It takes years to become accomplished. Doctors that choose to practice D.N.F.T. do so because of their conviction and respect of the technique. Typically, they have personally had an experience with the technique which leads them to practice it.