

Chiropractic Adjustments

Understanding the Healing Power of Chiropractic

What is a chiropractic adjustment?

A chiropractic adjustment typically involves a specific force applied to a vertebra, aimed at correcting spinal subluxations. The goal of adjusting the spine is to restore proper motion, improve spinal function and remove interference from the nervous system. There are many different adjustment techniques used by chiropractors; your chiropractor will determine what techniques are appropriate for you.

What is a subluxation?

The Vertebral Subluxation Complex or "Subluxation" for short, is a misalignment and dysfunction of one of the bones in your spine (vertebrae). This dysfunction compromises the normal functioning of your nerves and can influence your overall health and wellbeing.

Adjustments positively impact the nervous system

Adjustments are safe when applied by licensed chiropractors

Are chiropractic adjustments safe?

Chiropractic is a non-invasive, drug-free discipline, therefore the risks associated with it are very low. Adverse events are very rare and your chiropractor will assess you individually for any risks before commencing care.

Chiropractic adjustments are very safe when applied by a licensed chiropractor in a clinical setting. Chiropractors spend many years of training on examination and correction of the spine and are without a doubt the most qualified professionals to perform spinal adjustments.

Do adjustments hurt?

Generally adjustments do not cause pain, as your chiropractor is specifically trained to deliver gentle and effective care. Minor soreness is possible but rare and usually short lived.

Many patients imagine that they have tried everything. True, they have used many remedies, but they have never had the **cause of their infirmity** adjusted. - D.D. Palmer

How long before I feel better?

Many patients will notice some instant relief following their first adjustments; others will take longer to respond. Various factors will affect initial symptomatic relief, including length and severity of the presenting concern, along with other comorbid conditions and compliance to recommendations.

How can adjustments help with problems outside of the spine?

By detecting and correcting subluxations using chiropractic adjustments, interference is removed from the nervous system and your body is allowed to self-heal and self-regulate. A body free of nervous system interference can make a huge difference in the function of every system in your body. Chiropractors are also specifically trained to examine and treat areas outside the spine.

What is the "popping" sound I sometimes hear during my adjustments?

The popping noises are caused by gas bubbles being suddenly released from spinal joints during an adjustment. This noise is completely normal and does not accompany any pain or discomfort.

Adjustments are generally painless

Adjustments improve spinal function

Why do I need adjustments if I'm not in pain?

It's important for you to know that spinal dysfunction always happens before back pain or neck pain, making most subluxations "silent".

Your body also has a natural way of altering your mechanics to avoid pain when dysfunction is present, which is a smart move in the short term, but not good if you don't eventually correct the dysfunction.

Regular assessments of your spinal biomechanics and nervous system function by a chiropractor can help detect, maintain and prevent dysfunction throughout your body.

