

Manipulation

Facts about Chiropractic Structural Adjustment

NERVE FUNCTION AND INTERFERENCE

The central nervous system originates in the brain centers and extends down through the peripheral nervous system. Interference anywhere in the nervous system impairs bodily functions and induces disease. One site of insult is that point where nerves exit or enter the spinal column. Such insults result in what chiropractors term “subluxation” (partly displaced vertebrae) or “fixations” (partly restricted vertebrae which in turn cause or contribute to neurological disorders affecting both structural balance and functional tone.

Each of the vertebrae of the spine are separated from each other by a spinal disc. These 23 pad-like structures not only cushion the 24 movable spinal vertebrae, but also make possible the flexibility of the spine which is essential to normal movement. Under certain conditions, disc disorders may lead to involvement of the spinal nerves directly or indirectly. With the contributory factor of the subluxation, such complications may trigger a full-fledged syndrome of severe root compression or irritation.

While such mechanical lesions are most often associated with the spine, studies have indicated that they frequently exist in other parts of the musculoskeletal system. Disturbances in one area may create disorder in other areas, for the human musculoskeletal system is intimately connected with all other systems through the nervous system.

THE ART OF CHIROPRACTIC

The corrective structural adjustment by a chiropractic physician should not be confused with other forms of manipulation.

Manipulative therapy in one form or another is used somewhat in all the healing arts. Allopathic manipulation is usually little more than putting a joint through its normal range of motion, by a therapist, in order to stretch muscles and break adhesions. Osteopathic manipulation is designed to increase joint motion and relieve fixations. But a chiropractic corrective adjustment is made only after careful analysis, delivered in a specific manner to achieve a predetermined goal. It is a precise, delicate maneuver, requiring special bioengineering skills and a deftness not unlike that required for a surgeon. Rarely is the process painful. Most chiropractic corrective adjustments involve the articulations of the spinal column and extremities. Some techniques however, are light touch reflex adjustments

which involve the neurovascular, neurolymphatic and neuromuscular systems, gentle manipulation and passive mobilization. These surface techniques are far more than massage or trigger-point releases for they must involve careful diagnosis and be scientifically applied after comprehensive chiropractic training.



FACTS ABOUT CHIROPRACTIC STRUCTURAL ADJUSTMENT

- ?? Chiropractic corrective structural adjustment is different than manipulation that might be done by any other health care practitioner.
- ?? Chiropractic adjustment is done only after careful analysis of the patient and the patient's structural and health requirements.
- ?? Chiropractic adjustment, properly administered, is a safe process. Rarely is it painful.
- ?? The doctor of chiropractic has specialized training. No other health professional has as much training or experience in structural corrective adjustment.
- ?? To insure competency and make certain the discipline is conducted in a scientific manner, all states require doctors of chiropractic to be board

qualified, licensed and regulated, as they do medical doctors and doctors of osteopathy.

?? Since the mechanical lesion, “subluxation” or “fixation”, is an attending complication of varying health problems, the chiropractic adjustment is an effective procedure for many types of ailments.

?? Chiropractic structural adjustment can be administered to persons of all ages and health conditions. While the procedure may vary, chiropractic adjustment is suitable for infants and senior citizens as well. The doctor of chiropractic is a total family practitioner.

The back consists of the bony spinal column, more than 1,500 supporting muscles and ligaments and 31 pairs of nerves feeding to and from various parts of the body. The spine itself has 24 bones, called vertebrae. Special cushions, called discs, lie between most of the vertebrae and act as shock absorbers and allow for flexibility and motion. In the adult, five vertebrae are fused together into the sacrum of the pelvis and the bottom four vertebrae are fused together to form the coccyx (tail bone).