

ADJUSTMENT



MADE
~ TO *move*

What is an adjustment?

An adjustment is a form of manual therapy whereby a synovial joint (like your ankle or in your spine) is taken just beyond the physiologic barrier with a very quick, but shallow thrust.

What is that popping sound?

During an adjustment the pressure inside the joint is released due to the increase in joint space (volume). This allows any gas that is dissolved in the joint lubricant (synovial fluid) to form a bubble creating that “pop” sound aka a cavitation).




Is it safe?

Adjustments are **SAFE**, **GENTLE**, and **EFFECTIVE**.






How do Adjustments help?

- Overcoming muscle spasms by resetting muscle spindles
- Stimulating mechanoreceptors
- Breaking scar tissue in joints that are restricting motion
- Removal of acute joint locking (trapped meniscoid)
- Release of pain relieving endorphins

What are the different types of adjustments?

By Hand	With Drop	With Device
<p data-bbox="87 989 505 1241">Many adjustments can be performed using just the practitioners hands.</p> 	<p data-bbox="591 926 1052 1304">Some tables have a mechanism that allows a very small drop to occur or a separate toggle board can be used.</p> 	<p data-bbox="1146 957 1536 1272">Adjustments may also be performed using a hand held device such as an Activator.</p> 

What joints can be adjusted?

-  Spine & Ribs (Costovertebral joints)
-  Tempomandibular (TMJ)
-  Sternoclavicular and Acromioclavicular
-  Shoulder
-  Elbow
-  Wrist & Hand
-  Sacroiliac (SI)
-  Hip
-  Knee
-  Foot & Ankle

What are adjustments fast?



There's research that shows that speed matters for therapeutic benefit



Force = mass x acceleration (this means we can increase the force we create during an adjustment by increasing our speed)



The speed makes an adjustment, an adjustment! A mobilization is a slower version producing very similar effects

Who can perform an adjustment?

Adjustments are a controlled act
(meaning, legally you must have a
license to perform them)



All licensed Chiropractors



Licensed Physiotherapists who have
completed the required extra education



That's it!