

Free pdf Principles and practice of spinal adjustment [PDF]

chiropractic adjustment is a procedure in which trained specialists chiropractors use their hands or a small instrument to apply a controlled sudden force to a spinal joint the goal of this procedure also known as spinal manipulation is to improve spinal motion and improve your body s physical function a chiropractic adjustment is a therapeutic treatment where a licensed chiropractor uses their hands or special instruments to manipulate joints in your body this treatment is also called spinal manipulation or joint manipulation while it s true the mainstay of the chiropractic profession is adjustment of the spine most also adjust the pelvis as a routine part of treatment some also adjust knees feet and wrists studies suggest chiropractic adjustment specifically spinal manipulation is a safe and moderately effective non drug intervention for low back pain alongside standard medical care earning it chiropractic adjustment involves manual manipulation of the spine to improve mobility and reduce pain a chiropractic adjustment or spinal manipulation is a technique chiropractors may use to apply pressure to the spine with their hands or a medical instrument

chiropractic adjustment mayo clinic

May 20 2024

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