

TYPES OF CHIROPRACTIC TECHNIQUES

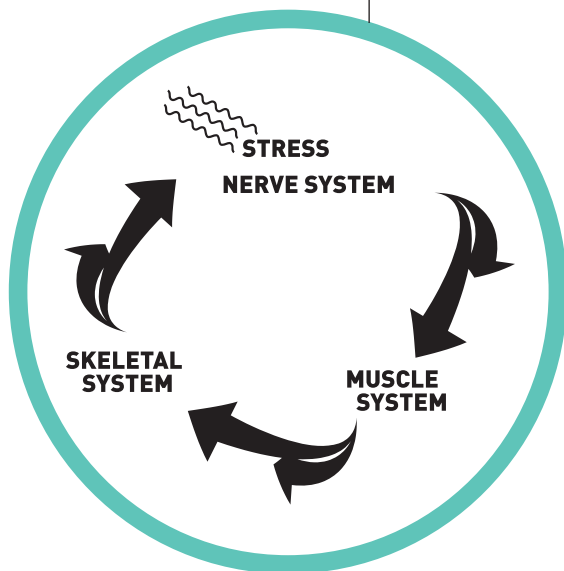
Chiropractic techniques fit into 2 basic models based on the two main systems primarily addressed by Chiropractors, **the skeletal system** and **the nervous system**. Therefore, while all chiropractic techniques involve all systems, the techniques themselves can be differentiated from one another based on their method of assessment and their method of correction.

Structural or skeletal system centered chiropractic techniques adjust vertebrae that are not in their optimum position back to a more normal position and, in so doing, affect the nervous system.

Tonal or nervous system centered chiropractic techniques (such as Torque Release Technique) are not bone based but rather focus on the nervous system and the related changes in a person's physiology. As such, tonal chiropractic techniques look at the nervous system first and the doctor's input into the nervous system then affects all of the bodies major systems including the muscles that, in turn, affect the skeletal system.

Why would we prefer a tonal approach? The answer comes in understanding what is significant about misaligned vertebrae. Muscles and bones do not think or act on their own. Muscles are controlled by the nervous system only and bones only move if muscles move them. Therefore misaligned vertebrae can only be the result of a failure of the nervous system. It then makes more sense for us to address the nervous system first so all else can follow.

THE SUBLUXATION CYCLE



TORQUE RELEASE TECHNIQUE (TRT) THE BASICS

Spinal Subluxations can best be described as specific sites of irritation to the nervous system. The end result of this is an inability to experience health and well-being. Subluxations occur when people experience too much stress. The source of stress can be emotional, physical or chemical. If the spine is free of subluxations the nervous system can express full potential. If the nervous system functions properly, the rest of the body works well.

What is involved with a TRT Adjustment?

Your Chiropractor will be checking your spinal column for areas where the nervous system is being damaged by Subluxation and will deliver an adjustment using the Integrator instrument. This sounds like a staple gun and will feel like a quick impulse into the muscles of your spinal column.

The advantage of the Integrator is that it can deliver a specific frequency into the nerve endings of the spinal column, exactly where nerve function has become irritated. This is a jump start for your body's "electrical system." As such this is not so much a technique to manually realign your body. It is a technique to stimulate your nervous system in such a way that it will release and reduce tension, assisting your body to heal and be healthy.

THE INTEGRATOR

The Integrator was originally manufactured for use in research only, but the advantages and benefits achieved when the results were measured lead to overwhelming demand for its use in private practice. The attributes that make an Integrator adjustment something special and powerful are:

PRECISION

When using an Integrator we can pinpoint the exact location on the spine that requires adjustment of nerve frequency.

SPECIFIC

The force, frequency of energy, torque, speed, and thrust provided by the Integrator have all been tailor-made to deliver the perfect amount of energy to help normalize nerve function.

GENTLE

An Integrator adjustment can be delivered with the spine in a perfectly relaxed position with the perfect amount of force: Whereas a traditional adjustment requires the spine to be stretched to a position of tension followed by the manual thrust by hand to sufficiently open the spinal joints to activate a nerve response.



EFFECTIVE

The benefits of Integrator adjustments have been measured by scientific research and this research has been published in major peer-reviewed medical journals.

RELIABLE

The way that the Integrator delivers an adjustment is very consistent and reliable so that the right amount of force and energy is transmitted on each and every adjustment.