

The “Crack” or “Pop”

Or as we call it, an **adjustment**.

An adjustment is used to make a joint move more efficiently. After a thorough examination and analysis of the spine we look for intersegmental joint restrictions. This is a specific area that is not moving as well as is the joint should be.

To fix joint restrictions a safe quick force is applied through the specific region which may create a cavitation or audible release within a joint. An adjustment DOES NOT require noise to be successful. If movement was obtained in the specified joint, the adjustment was successful. Noises associated with the adjustment are gas bubbles releasing from the changing pressures within the joint (called Tribonucleation).

Benefits of Adjusting:

- Restores Joint Mobility
- Decrease Pain
- Improve blood flow
 - bringing fresh nutrients into the joint allowing for quicker healing times
- Resetting joint position sense and autonomic nervous system
- Slows Joint Degeneration



Health

“A state of optimal, physical, mental, and social well-being, and not merely the absence of disease and infirmity.”

-Dorland’s Medical Dictionary, 28th edition

