

# Activator Technique:

## Gentle and Precise Chiropractic Adjustments

The Activator Technique is a popular chiropractic method that uses a handheld instrument to deliver gentle and precise adjustments to the spine and extremities. This technique, developed by Dr. Arlan Fuhr in the late 1960s, is known for its effectiveness and patient comfort, making it a preferred choice for many chiropractors and patients.

### How Does the Activator Technique Work?

The Activator Technique utilizes a small, spring-loaded instrument called the Activator Adjusting Instrument to perform adjustments. Here's how it works:

1. **Patient Positioning:** The patient lies face down on a chiropractic table. The chiropractor assesses the patient's spine and posture to identify areas of misalignment and dysfunction.
2. **Leg Length Analysis:** The chiropractor often performs a leg length analysis to detect imbalances that indicate spinal misalignments.
3. **Activator Adjusting Instrument:** The chiropractor uses the Activator instrument to deliver a quick, controlled, and gentle thrust to the targeted area. The instrument's rapid and precise adjustment helps to restore proper alignment and function without causing discomfort.



*Dr. James Myers, DC*

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275 Carpenter Drive, Suite 209 - Sandy Springs, GA 30328

Schedule: (404) 255-4410

[www.DrJamesMyers.com](http://www.DrJamesMyers.com)

## Benefits of the Activator Technique



- **Gentle Adjustments:** The Activator instrument delivers precise and gentle adjustments, making it suitable for patients of all ages, including children and seniors.
- **Precision:** The technique allows for highly targeted adjustments, which can improve accuracy and effectiveness.
- **Patient Comfort:** The gentle nature of the adjustments minimizes discomfort, making the technique ideal for patients who may be sensitive to manual adjustments.
- **Versatility:** The Activator Technique can be used to address a wide range of conditions, including back pain, neck pain, headaches, and extremity issues.

## Who Can Benefit from the Activator Technique?

The Activator Technique is versatile and can be beneficial for a wide range of patients, including:

- Individuals experiencing chronic or acute back and neck pain
- Patients with headaches or migraines
- Those with extremity pain, such as shoulder, hip, or knee discomfort
- Children and seniors who require a gentler approach to chiropractic care
- Anyone seeking a precise and comfortable chiropractic adjustment

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## What to Expect During Your Visit

During your initial visit, your chiropractor will conduct a thorough examination, including a detailed history and physical assessment. The leg length analysis and other diagnostic tests will help pinpoint areas of concern. Based on the findings, a customized treatment plan utilizing the Activator Technique will be created to address your specific needs.

Regular follow-up visits will monitor your progress and make necessary adjustments to your treatment plan, ensuring optimal results and long-term wellness.

If you have any questions or would like to schedule an appointment to experience the benefits of the Activator Technique, please contact us today. Our team is dedicated to providing you with the highest quality of chiropractic care in a comfortable and welcoming environment.

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