

Thompson Technique:

Gentle and Precise Chiropractic Care

The Thompson Technique is a specialized chiropractic method designed to provide gentle and precise adjustments to the spine and extremities. Developed by Dr. J. Clay Thompson in the 1950s, this technique utilizes a unique drop table mechanism that enhances the effectiveness of adjustments while ensuring patient comfort.

How Does the Thompson Technique Work?

The Thompson Technique employs a specially designed table known as the "Thompson Terminal Point Table," or simply, the drop table. This table has multiple sections that can be raised slightly and then dropped a short distance when a thrust is applied by the chiropractor. Here's how it works:

1. **Patient Positioning:** The patient lies face down on the drop table. The chiropractor adjusts the table sections according to the patient's specific needs.
2. **Leg Length Analysis:** The chiropractor performs a leg length analysis to detect imbalances and misalignments in the spine. This analysis helps in identifying the precise areas that need adjustment.
3. **Targeted Adjustments:** Using gentle, specific thrusts, the chiropractor adjusts the spine. The drop table sections give way, allowing gravity to assist in the adjustment. This reduces the amount of force needed and minimizes discomfort for the patient.

Benefits of the Thompson Technique

- **Gentle Adjustments:** The drop mechanism allows for effective adjustments with minimal force, making it suitable for patients of all ages, including children and seniors.
- **Precision:** The technique focuses on specific areas of the spine, ensuring precise corrections and better overall outcomes.
- **Comfort:** The gentle nature of the adjustments and the use of the drop table enhance patient comfort during the procedure.

- **Comprehensive Care:** The Thompson Technique can be used to address a variety of conditions, including back pain, neck pain, headaches, and extremity issues.

Who Can Benefit from the Thompson Technique?

The Thompson 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 postural imbalances or scoliosis
- Athletes looking to improve performance and prevent injuries
- Children and seniors who require a gentler approach to chiropractic care
- Anyone seeking a precise and comfortable chiropractic adjustment

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 will help pinpoint areas of concern. Based on the findings, a customized treatment plan utilizing the Thompson 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 Thompson 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.