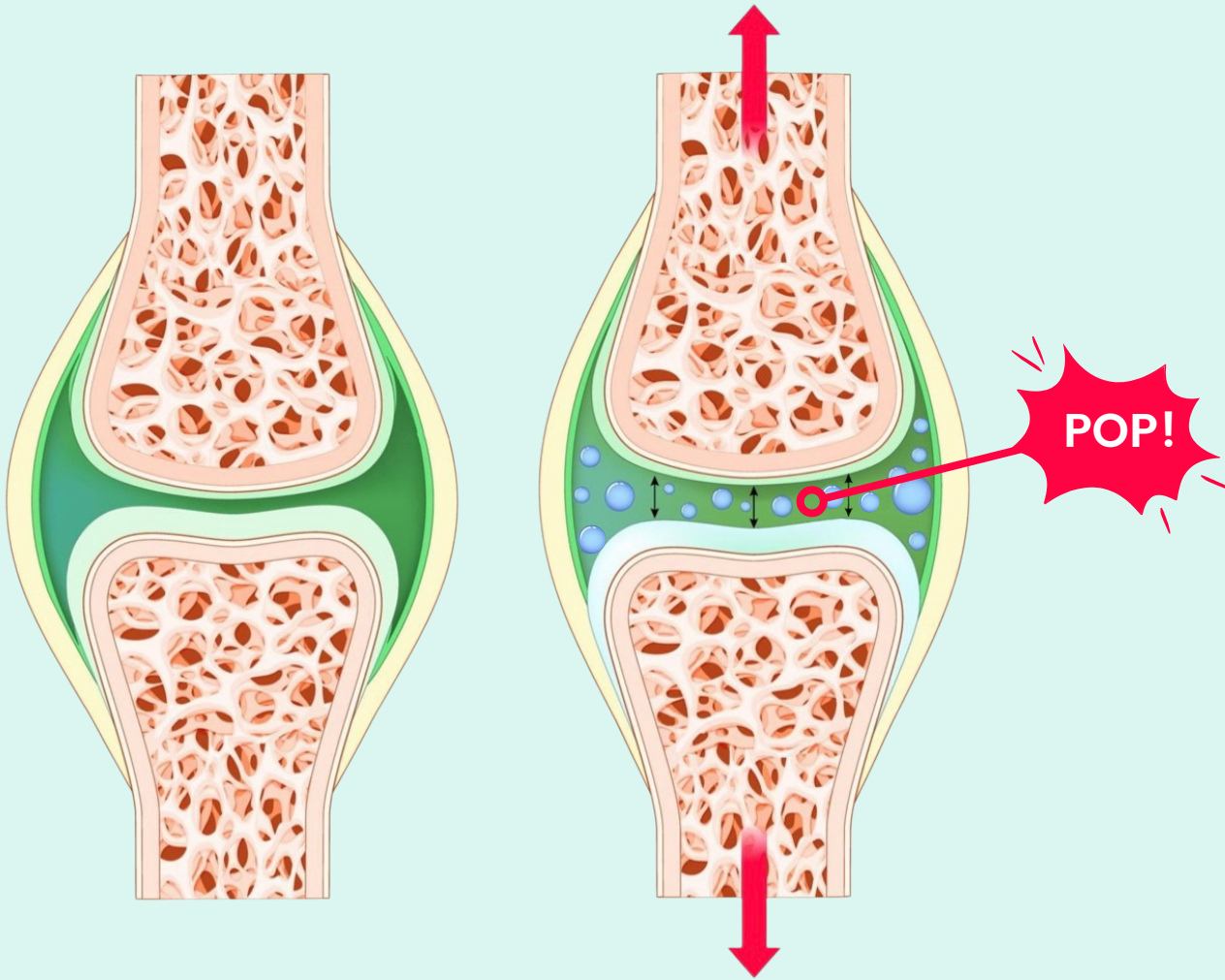


THE POP

Traditional chiropractic manipulation entails a chiropractor using their hands to apply a gentle but rapid impulse that separates the surfaces of a restricted joint. The subsequent “popping” sound is not from your bones or cartilage snapping against each other but rather **from healthy gasses being quickly released into the joint**, aka *cavitation*.⁽¹⁻³⁾ Think of this as turning on the air for an air hockey table.



Bottom line: Chiropractic manipulation is a safe and effective treatment for restricted joints, regardless of the pop.

What if a joint does not pop?

Approximately three out of four traditional chiropractic manipulations result in an audible *pop*.⁽⁴⁾ And many patients develop a natural *Pavlovian response* to relate their improvements to the most distinct aspect of treatment—the *pop*. Most patients look forward to the sound!

Many patients believe that “if it cracks, you know it moved” and are often disappointed with *silent* manipulation.⁽⁴⁻⁵⁾ However, every major research study that examined this issue concluded that **manipulation is equally beneficial regardless of whether a joint pops or not.**⁽⁶⁻¹¹⁾

Quiet chiropractic manipulation?

Some chiropractic techniques are designed to restore joint motion without a *popping* sound. Examples include Flexion–distraction, Drop table, Adjusting instrument, Directional preference, Mobilization, etc.

Scan for references

