

## What is a Chiropractic Adjustment?

A chiropractic adjustment, or manipulation, is a technique commonly used by chiropractors with the purpose of restoring natural motion and function to a fixated joint.

## When are Chiropractic Adjustments Used?

Following a thorough assessment, an adjustment may be recommended as part of your treatment if you were found to have a joint that is painful and/or dysfunctional in its movement. As the patient, these scenarios often feel like reduced range of motion, stiffness, and pain.

Our HPC chiropractors are trained to assess and manually adjust the joints of the spine, as well as the extremities (for example, ankles).

## How are Adjustments Done?

To perform an adjustment, your chiropractor will use their hands to apply a quick, low force thrust to your joint and guide it through a range of motion. If there is too much muscle tension and a manual manipulation is not possible, sometimes a toggle board or drop piece may be used to help restore range of motion, often used when adjusting the S/l joint.

## What is the Cracking Noise?

The quick creation of space between a synovial joint produces a little air pocket, whose creation produces the cracking noise. The noise isn't the end goal; it's the by-product of quickly restoring movement to the joint.



## Does Going to the Chiropractor Mean I Have to get Adjusted?

No. Patients will always be told if an adjustment is recommended but treatment will always defer to patient preference and consent.

Our chiropractors are trained in many techniques, making them able to customize treatment plans that fit with each patient. An adjustment is only one part of a complete treatment plan.

Often treatment plans will include a combination of soft tissue therapy, adjustment or mobilization of the joints, education and at home exercises to best help our patients return to normal activity.