

# What is an adjustment?

A chiropractic adjustment is the use of a specific force in a precise direction that helps normalize spinal function.

When the 24 bones that protect the spinal cord lose their normal position or motion, delicate nerve tissue can become choked or irritated. If a thorough examination reveals malfunctioning areas of the spine, chiropractic adjustments are recommended to help correct this condition.

Each day, millions of delighted patients choose chiropractic over drugs or surgery, as a common sense approach to better health.

## THE CHIROPRACTIC LIFESTYLE

Chiropractors are experts in the care of the bones, nerves, muscles and connective tissues that make up about 60% of your body. All of the joints in your body are part of this musculo-skeletal system and its optimal function is necessary for overall good health. Ask your Doctor of Chiropractic for more information about a care program that may include specific spinal adjustments, exercise recommendations, nutritional advice or other conservative methods of care based on your health history, age, current condition and lifestyle.

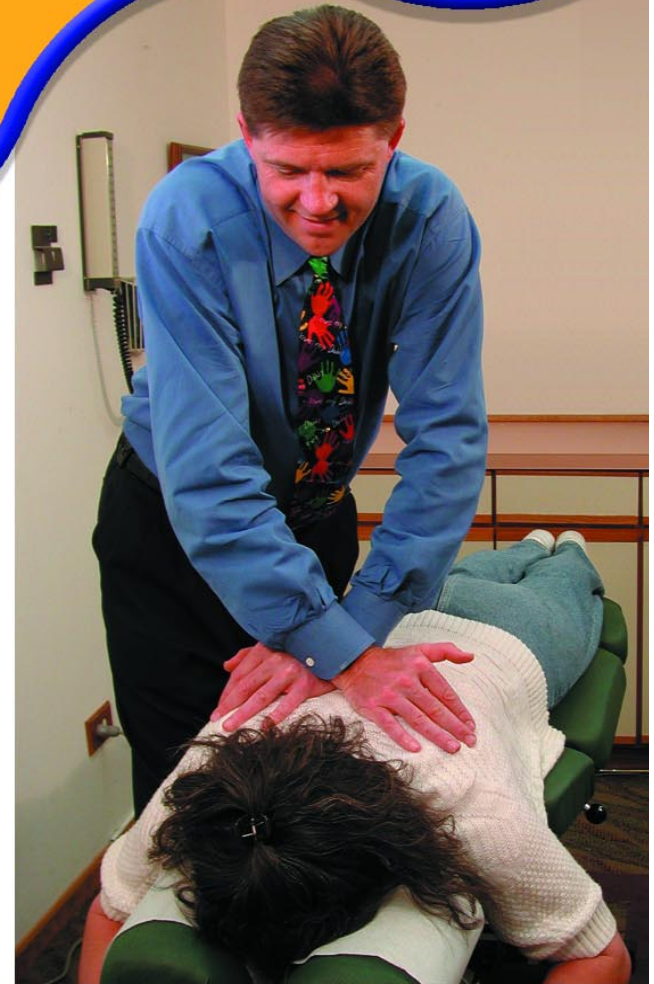
# Adjustments

AND THE CHIROPRACTIC LIFESTYLE

**SAMPLE  
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SHARE WITH YOUR FRIENDS AND FAMILY

# Every chiropractic adjustment is tailored to each patient.

A chiropractic adjustment is the use of a specific force in a precise direction, applied to a joint that is fixated, "locked up", or not moving properly. Adjustments help return bones to a more normal motion or position, relieving pain and ill health.

Years of experience insures that each adjustment is precisely delivered.



Chiropractic adjustments are so safe, even newborns and children can receive adjustments to repair the damage caused from the birth process, learning to walk, or other childhood trauma.



There are many ways to adjust the spine. Usually the doctor's hands or a specially designed instrument is used to deliver a highly-accurate thrust. After years of training, each doctor has selected a variety of methods and has become skilled in their delivery. Regardless of the technique used, each chiropractic adjustment is tailored to the patient's age, size, and unique spinal problem.

Adjustments help normalize spinal function and joint mobility. When nervous system function improves in this way, the body can begin the natural healing process.

Your doctor has selected from a variety of adjusting methods and has become an expert in their delivery.

