

# Methods of Chiropractic Adjusting

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In a previous article we discussed various Chiropractic techniques and their philosophical bases (June, 2022). A discussion of just how adjustments can be administered is now apropos.

No two patients are the same and receive adjustments from their chiropractor differently. Some enjoy and progress better with classic manual adjustments that most are familiar with. Others shy away from the strength of the manual impulse and the sound of a joint releasing, and prefer adjustment by instrument, light touch or even gravity-based adjustments.

Chiropractic adjustments, in all their forms are very, very safe when performed by a well-trained and experienced chiropractor. The choice of one type or more than one type of adjustment is arrived at in the doctor-patient interaction, where patients are informed of the “how” and “why” the adjustments work and what type will be best for that patient’s problem(s).

I have had many patients who complained of intense low back pain have it completely relieved just by using a very light touch, with sustained pressure, applied under one of their ears. I have had the same result with people who had terrible weight imbalances of over 100+ pounds on one side, measured on bilateral scales, become completely balanced with the same light touch.

Here is a brief description of just some of the many tools chiropractors can effectively employ.

- 1) Light touch with sustained pressure, administered with a single finger to a specific location or locations. This adjustment is aimed at restoring general tonal balance.
- 2) Pulsating Instrument Adjusting with a percussor possessing a small rubber tip. I like using the IMPULSE adjusting tool when this type of adjustment is called for.
- 3) “Drop-Table” Adjusting with a segmented table that is cocked and falls upon a light impulse by the doctor to the patient. The table segment then drops a couple of inches to a quick stop.
- 4) Pelvic S.O.T. Blocks are soft cushioned wedges placed under the pelvis, imparting a corrective rotation to re-balance the pelvis. This is a gravity-based adjustment.
- 5) Classic Manual Adjustments are the most familiar type. They are done by the doctor’s hands and rely on speed and a specific direction to correct spinal and skeletal malpositions. These adjustments are deeper, but very safe, and usually painless.

There is a time and place for all of these types of adjustments to be beneficial. What is most important is the doctors ability to select the right ones and for that patient to understand the goal. Your chiropractor should be well-versed in multiple types of adjustments. Proper assessment and history-taking are key elements. Ask questions and your chiropractor will be happy to answer. The correct adjustments for your comfort and greatest effectiveness are important to consider.

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