

Why Chiropractic Adjustments Need to be Precise.

By Dr. Derek Conte

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In five years as a student and over 23 years as a practicing chiropractor, I've encountered a great range of styles, techniques and philosophies. Whether the focus is on the whole spine, as in the 'FULL SPINE', 'GONSTEAD' or 'SACRO-OCCIPITAL(S.O.T.)' techniques, or merely the focus on a single vertebral segment, as in 'UPPER CERVICAL', 'BLAIR' or 'LOGAN' techniques, I saw the utility in all of them and studied them.



In chiropractic school, I didn't have a miracle story of my own, as many of my colleagues did, in which a chiropractor saved them as a child from a serious impediment through a particular technique. This created many devotees to particular techniques with an almost religious zeal. Some of them eschewed all other techniques altogether and focused on only one.

In my case, lacking the same life-changing experience and single-focus of some of my colleagues, it became an inadvertent advantage. I had no biases and was open equally to all techniques and philosophies, giving them equal weight, attention and effort. This allowed me to handle more different kinds of cases than I would have felt comfortable with otherwise.

I believed, as a person, and as a chiropractor that, "one size does not fit all". Therefore, I naturally found it best to synthesize my all my acquired skills to address the wide range of patients and problems presented me. Sometimes the lightest touch under an ear can remove low back pain or clear vertigo. Sometimes the sacrum must be adjusted with authority to restore normal bowel and reproductive function.

But no matter the technique employed, the best results, in less time, always seem to come with the level of specificity, precision and consistency the doctor delivers. Chiropractic adjustments are powerful things and shouldn't be administered generally or carelessly. They must be specific and precise and administered judiciously. Doing a wrong adjustment, or doing too many, is much worse than doing none at all and can upset the body, delaying recovery. This is my opinion.

There are 32 pairs of nerves exiting the spinal cord through the spinal column, each playing a discrete and vital role in the harmonious function of the body. Does it make any sense to adjust every vertebral segment when just one or two will do more good? This is the "Art" part of chiropractic... and life too. It comes from experience, restraint and intuition. Yes, intuition.

There is an old adage that applies: "Less is More". Those with experience know this. Painters learn not to make an unnecessary brushstroke. Carpenters learn never to make a cut in haste and, when in doubt, measure twice. Being deliberate and thorough yet not "busy" is the key.

What separates a good surgeon from a great one? Or a good ballplayer from a great one? Intangibles: experience, intuition, and the ability to read the field and listen to that little voice inside that guides us to the best path home.

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