

Be Well Informed



Understanding
Spinal Manipulation

DiDomenico
Chiropractic

There are well over 100 types of adjustment techniques used by chiropractors throughout the world. Typically, chiropractors will focus on and utilize 8 to 10 different approaches in their practice. The common goal of most chiropractic techniques is to restore or enhance joint function, while also resolving joint inflammation and reducing pain.

The original chiropractic adjustment approach is generally referred to as spinal manipulation, and may also be called the diversified technique or the high-velocity, low-amplitude (HVLA) thrust. New chiropractic adjustment approaches typically evolve as a variation from an existing technique and are often named after the chiropractor who developed it.

Chiropractic Manipulation Techniques

Chiropractors adapt treatment plans to meet the specific needs of each patient. Typically, chiropractic treatment plans involve Spinal Manipulation and Spinal Mobilization techniques over the course of a treatment plan.

Spinal Manipulation (High-Velocity Low-Amplitude Thrust)

The most frequently used chiropractic technique, spinal manipulation is the traditional high-velocity low-amplitude (HVLA) thrust. The manipulation often results in an audible "pop," as chiropractors use their hands to apply a controlled sudden force to a joint while the body is positioned in a specific way.

Spinal Mobilization (Low-Force or Gentle Chiropractic Techniques)

Some conditions (such as osteoporosis), pathology, the patient's size, patient comfort, or patient preference, may require a gentler approach generally referred to as spinal mobilization. In addition, some patients and/or clinicians prefer mild spinal mobilization techniques that do not involve twisting of the body or a forceful thrust.

In addition to manipulation, many chiropractors will employ adjunctive therapy, such as ice or heat or physical therapy modalities (such as electric stimulation, ultrasound, etc.), as part of an overall treatment plan. Patients should discuss their symptoms and preferences with their

chiropractor, whose role it is to perform a thorough examination to determine the best course of treatment.

Chiropractors are not the only health care providers who utilize spinal manipulation for back pain treatment. As testament to its effectiveness, many osteopathic physicians will provide a variety of types of spinal adjustments, such as the spinal manipulation and mobilization described above. Occasionally, other types of health care professionals, such as physical therapists or physiatrists, will be trained in providing spinal manipulation as well.

Source: Spine-Health, 2014

DiDomenico Chiropractic

711 W. North Avenue, Suite 201
Chicago, IL 60610
phone: 312.664.9060
fax: 312.664.9181

chirobob@sbcglobal.net
didomenicochiropractic.com