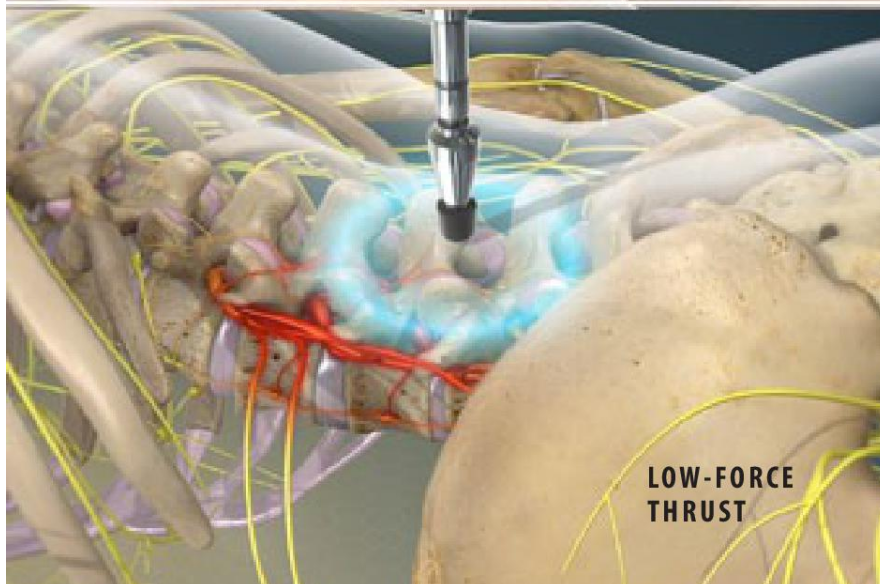




Chiropractic Adjustment (Activator Methods® Technique)



Overview

If you have pain or other health problems, a chiropractic adjustment may help. With the Activator Methods technique, your chiropractor works with a handheld, spring-loaded instrument. It has a rubber tip that provides a gentle thrust. It's used to manipulate your joints. This can help align your vertebrae properly. It can help relieve pressure on nerves.

Adjustment

During the adjustment, the chiropractor places the tip of the activator against a joint and squeezes the handle. This causes the rubber tip to tap gently against the joint. The activator delivers a controlled, low-force thrust. You'll feel it as a gentle pulse. Your chiropractor may use the activator to tap multiple points along your spine, your pelvis and other problem areas.

Safe, Noninvasive Care

Chiropractic adjustment is a safe form of care. It can help relieve many types of pain, and it can help improve your range of motion. You may benefit from a continuing care plan. Your chiropractor can create a plan that is right for your needs.