



Chiropractic Adjustment (Manual Technique)



Overview

If you have pain or other health problems, a chiropractic adjustment may help. With the manual technique, your chiropractor uses his or her hands to gently manipulate joints in your body. This can help align your bones and joints properly. It can help relieve pressure on nerves. Your spine can be adjusted. So can your other joints.

Adjustment

During an adjustment, your chiropractor positions you and moves your joints with gentle bends, twists and thrusts. You may be moved into a series of positions as different body parts are adjusted. You may hear popping or cracking sounds as your joints are moved. These sounds are normal. They happen when gas bubbles are released from the fluid in your joints. But you may not hear anything, and that's normal, too.

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.

