



Are chiropractic adjustments safe?

What does a chiropractor do during a chiropractic adjustment?

A chiropractic adjustment is a catchall term for a variety of chiropractic therapies designed to help patients who suffer from subpar spinal motion, spinal discomfort, neck pain, [back pain](#), and more.

In most types of chiropractic adjustments, your chiropractor will use their hands or small instruments to apply sudden but controlled forces to various spinal joints. Although the procedure can feel somewhat strange to the patient, a chiropractic adjustment is usually safe when it's performed by a licensed and trained chiropractor.

A skilled chiropractor will not recommend adjustment therapies (seen below) if you suffer from osteoporosis or other issues that may complicate the therapy.

Chiropractic manipulation

The base form of a chiropractic adjustment is chiropractic manipulation. With this therapy, your chiropractor will use short, sharp movements to push your spinal joints beyond their normal range of motion. In doing this, your spinal motion or function may be improved and you might experience less general back/neck pain and discomfort.

Chiropractic mobilisation

Chiropractic mobilisation is a similar therapy that can restore or enhance your spinal joint's function. But it's distinct from chiropractic manipulation. Mobilisation relies on moving your joints slowly to a firm endpoint instead of using short, sharp motions.

Chiropractic mobilisation may be chosen instead of manipulation due to:

- Patient preference

- Spinal sensitivity
- The presence of several spinal conditions

Regardless, spinal mobilisation can be accomplished through the use of the hands or through a few minor tools, such as activators, which are spring-loaded and handheld tools that provide low-force impulses on your spine.

Diversified chiropractic technique

Your licensed chiropractor may also consider using the diversified technique. Also called DCT, the diversified technique involves using low amplitude or short thrust pressure over restricted spinal joints. It's more similar to chiropractic manipulation than mobilisation, although it can be used for a wider range of issues, including migraine headaches, musculoskeletal disorders, curvature of the neck, and more.

Do you need to prepare for chiropractic adjustment?

Not at all. All of these techniques can be accomplished at your chiropractor's office and do not require any preparation ahead of time on your part. However, your chiropractor may ask some questions about your health history and perform an exam, including taking x-rays. It all depends on the current discomfort you're feeling and what you need.

When to see a chiropractor for chiropractic adjustment near me?

All in all, a chiropractic adjustment is a relatively safe and effective treatment for a variety of back and neck discomfort issues amongst many more. These treatments are almost always safe when they are carried out by a trained and licensed chiropractor.

But you don't need to worry about chiropractic adjustment being sprung on you suddenly. All of the above information and more will be explained as part of an initial consultation when you contact us. Our chiropractic office would be happy to answer any questions or concerns you might have.

Furthermore, any treatment we provide requires your explicit consent. We will not rest until we find the perfect chiropractic treatment for your needs, so contact us today if you want the best chiropractic service near you.