

## Our Techniques



Chiropractors utilise a broad spectrum of techniques to help you

We use a number of highly effective adjusting approaches to help improve spinal biomechanics and to reduce nervous system interference. Here are some of our more popular techniques:

### Activator Methods®

We use one of the most popular “low force” chiropractic techniques in the world.

#### First the evaluation

We begin by analysing how well your spine moves. We test how well you turn and bend. While you're lying face down, we'll evaluate the length of your leg. [Click here](#) to try a simple leg-length home test.

This time-tested protocol tells us if subluxations exist and their location. It also helps us know when to adjust and when not to adjust.

#### The adjusting instrument

The Activator Methods® Adjusting Instrument is a handheld spring-loaded tool that delivers a consistent low-force, high-speed thrust.

Because it's many times faster than adjustments delivered by hand, the body rarely tightens to resist, making adjustments comfortable and effective. It's also helpful for adjusting elbows, wrists, knees and other joints of the body.

#### The follow up

After your adjustment, we retest to make sure changes have been produced. Testing afterwards helps us deliver high-quality care and high levels of client satisfaction.

## Diversified

At Shrewsbury Family Chiropractic, we use an adjusting style commonly referred to as "Diversified." First, an analysis of your spine is performed. This can initially involve a case history and X-ray pictures of your spine.

Subsequent visits may include motion palpation, with the chiropractor feeling the spinal joints move as you turn and bend. Or, a leg check may be performed, to uncover an imbalance in the neck or lower spine.

With the malposition of one or more spinal bones identified, a specific manual thrust is administered. The direction, speed, depth and angle that are used is the result of years of experience, practice and a thorough understanding of spinal mechanics.

The energy delivered during the thrust may produce a slight "popping" sound from the shifting of gas and fluids in the joint. This sound may be interesting, but is not a guide as to the value or effectiveness of the adjustment.

While improving spinal biomechanics can reduce nervous system interferences, virtually all joints of the body can be adjusted to help restore proper range of motion.

## Gonstead Technique

Named after its developer, Dr. Clarence Gonstead, this approach came from his engineering background. His "foundation principle" explains how a subluxation pattern in one area of the spine can produce compensatory changes in another.

### A thorough evaluation

After studying your health history, we conduct a complete examination. This generally includes full spine X-rays and precise analysis. Using a small heat-sensing instrument, subluxation patterns are revealed by slight differences in temperature. Finally, we use our fingertips to "palpate" or feel the location of individual bones and how they may differ from their normal position.

### Full spine correction

With a complete picture of your spine it's time to make the needed corrections.

To adjust your lower spine and pelvis, we'll have you lie on your side. Subluxations in the middle back are corrected as you assume a comfortable kneeling position. When you are seated, we can restore the integrity of your spine without twisting or rotating your neck.

Sometimes you'll hear a slight "popping" sound that we call cavitation. Sometimes you won't. Either way, better health is on the way!

### Safe and Effective

The Gonstead Technique is acknowledged as one of the safest systems of evaluating and caring for the spine.

## SOT

SOT stands for Sacro Occipital Technique, a chiropractic technique designed to help normalise the relationship between the pelvis and the head.

### The foundation

The integrity of the spine, and the function of the nervous system it protects, begins with the pelvis. This foundation is constantly subjected to the pull of gravity. When stability is lost, it produces effects throughout your body.

### The cranium

Proper control of every cell and tissue of your body is affected by bones of the skull and tension on your spinal cord. Think of your spinal cord as a string on a harp. Is it flexible and healthy? Or stretched and drawn tight?

### Blocking the spine

We use wedge-shaped devices known as "blocks" to help correct your spine and properly "tune" your nervous system. By knowing exactly where to position these blocks, we use the weight of your body to make corrections, naturally.

### Safe and comfortable

By using gravity and your own body to effect correction, new healthier patterns of spinal function can result. Along with safe, consistent results, SOT is known for emphasising client comfort.

## Thompson

The Thompson Technique, developed by Dr. J. Clay Thompson, has evolved into a system of analysis and a way of adjusting the full spine. The combination produces precise adjustments and high levels of client comfort.

### A system of analysis

Early chiropractors noticed that subluxations would produce the appearance of a short, or contracted leg. Using a protocol of comparing leg lengths while the client turned their head, helped determine whether the subluxation was in the upper, middle or lower back.

### Terminal Point Table

What Practice members often notice first is our segmental "drop" table. After stepping onto the platform, the table gently lowers you into a horizontal position. This helps preserve any leg length inequality.

Individual cushions or "drop pieces" located along our table surface support each area of your spine until the thrust is delivered. Then, each drop piece gently gives way, reducing the amount of energy needed to move a specific spinal segment.

### Popular and patented

So unique is this approach, Dr. Thompson was granted a patent in 1955. Since then, because of its precision and client results, it is a technique used around the world.

## Webster Technique – ICPA Certified



Dr Fredericksen was taught the Webster technique and certified by the International Chiropractic Paediatrics Association (ICPA).

Subluxations where the sacrum joins the pelvis (hip) can be quite common during the course of pregnancy. Besides potentially interfering with the baby assuming the normal head-down position in preparation for delivery, it can produce a variety of symptoms in mothers preparing for the culmination of their pregnancy.

### The sacral subluxation

Developed by the late Larry Webster, D.C., the chiropractic technique he developed and taught chiropractors around the world, helps release stress on the pelvis, relaxing surrounding ligaments and reducing the sacral subluxation to help restore more normal function.

Sacral subluxations may cause the tightening and twisting of pelvic muscles and ligaments, constraining the uterus. The goal of the adjustment is to reduce the effects of subluxation and the associated dysfunction of the sacroiliac joint. The result? Neurobiomechanical function in the sacral/pelvic region is improved, benefiting pregnant mothers or others with sacral subluxations.

### High success rate

The July/August 2002 issue of the *Journal of Manipulative and Physiological Therapeutics* reports that 82% of chiropractors using the Webster Technique reported success in reducing the sacral subluxation.

Sometimes when using the Webster Technique, the associated dysfunction of the sacroiliac joint can be reduced with just one adjustment. But usually it takes between three to 10 visits over a several week period.

Because the Webster Technique relies on the inborn intelligence of the mother and baby, there is little risk. The Webster Technique is based on the positive experiences of pregnant patients, the clinical experience of its many practitioners, academic studies on the subject of sacral subluxation and its consequences to proper pelvic function.

## The Insight™ Subluxation Station and CoreScore



We also feature cutting-edge technology in the form of a computerised scanning system that allows us to accurately pinpoint the source of your problem and measure the effectiveness of our approach in its elimination.

If you've been to a chiropractor before and prefer to be adjusted in a particular way, just let us know. We want you to relax and fully benefit from your chiropractic care. We're here to help every member of the family in an empowering and nurturing environment.

Contact us today to schedule an appointment!