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DOES EVERYONE *Get Adjusted* THE SAME?

June 2021



Answering A Very Common Chiropractic Question



This month I wanted to talk about a question that I get asked quite a bit - does everyone get adjusted the same?

So let's start with the basics of what I'm actually doing when I'm adjusting you - which is the main purpose of a visit into our chiropractic office. A chiropractic adjustment is a procedure in which a chiropractor delivers a controlled sudden force to a spinal joint with the goal of improving spinal motion, nerve conduction and overall improved physical function. When a patient comes in to the office we assess the motion of the spine and check for specific joints that are not moving well between each other. We also check to make sure that the soft tissue around the joints is not tight or spastic. Often we will ask about numbness or tingling and where specifically it is at because that gives hints that lead us to where we adjust.

*To go back to the original question, every time a patient comes in all of the joints of the spine are evaluated and then only the joints that specifically need adjusted receive and adjustive force - so not every adjustment I give is the same. At times it might seem like the adjustments are similar on multiple visits, but slight changes in hand position and angle on the spine make a large difference on which bone is being adjusted. **The key to successful adjustments is 3 fold: collecting history from patients, evaluating the spinal segments and delivering the adjustment to the correct bone.***

It is also important to know that chiropractic adjustments aren't limited to just the spine. If a patient is having elbow, shoulder, knee or ankle pain or any other joint pain it is important to let the chiropractor know so the affected joint can be adjusted. It might seem like we are always talking about the spine, but everything is connected and important to address.

If you ever have questions about why something is being adjusted or about something you feel needs to be adjusted, don't hesitate to ask. Communication is one of the best tools in delivering good patient care and successful adjustments.

- Dr Chris



June-ish Dates You Should Know!



Latest Massage Updates

June (and beginning of July!) Dates You Should Know:

Summer is happening! There will be times throughout the summer that our shift hours can change slightly or we have a day here or there that we will not be open. First up: Thursday, June 10th! We will be closed Thursday, but back in the office, ready to roll the following Monday, June 14th.

Schedule online to get in before we go or right when we get back!

<https://optimal-health-chiropractic.genbook.com>

Since we won't have our July newsletter out before July 1st, another schedule change to note is we will be closed Thursday, July 1st through Monday, July 5th. We will be returning to the office Tuesday, July 6th. We always try to give as much advanced notice to help make scheduling your adjustments as easy as possible.

Latest Optimal Health Massage Therapy Updates:

Exciting news! Adryanna returns to our office this week. She (and her skills) have been missed and we are excited to get her back in the mix! With Adryanna starting back up and Monica continuing to take care of our clients, we will now be able to offer massages in our office SIX days a week!

Also, note that even if Optimal Health Chiropractic has a day we are closed, Optimal Health Massage Therapy runs on a different schedule, and will be operating as planned.

We are just getting Optimal Health Massage Therapy up and running on social media. If you are interested in learning more about specials we are running, different services we are offering or even fun massage facts - give us a follow on [Facebook](#) and [Instagram](#)! We will post when we have a last minute opening on the schedule as well.

And lately, don't forget you can schedule by giving us a call at our chiropractic office or massage line (303-

593-2586) or you can always schedule
online: <https://www.messagebook.com/biz/OptimalHealthMassageTherapy>



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