

*Can I adjust myself?*

No. Since a chiropractic adjustment is a specific force, applied in a specific direction to a specific joint, it is virtually impossible to adjust oneself correctly and accurately.

It is possible to turn or bend or twist in certain ways to create a “popping” sound that sometimes accompanies a chiropractic adjustment. Unfortunately, this type of joint manipulation is usually counterproductive, often making an already unstable spine even more unstable, and can sometimes be dangerous. Adjusting the spine is not for amateurs!

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