

*Does an adjustment have to make a noise to be effective?*

No, it is a common misconception that your joints must make a noise to be properly adjusted. Rarely does the vertebra make a noise when it becomes misaligned, so why would it have to make a noise in the process of re-alignment?

There are times when your spine is adjusted that a sound will be created. This sound means little, and is a *poor indicator* of the success of your adjustment. Dr. Bahnemann employs several techniques that do create this sound and several techniques that do not. Following each specific adjustment, Dr. Bahnemann assesses to determine if the *subluxation* (misalignment) has been corrected. If it was not, she will fine tune the technique used to ensure you are correctly aligned when you leave.

[Back to How can Chiropractic help me?](#)