

What causes the sound during an adjustment?

Remember, adjustments do not always produce a sound. Many techniques within chiropractic do not cause this sound (called cavitation) at all. When this “cracking” or “popping” sound is heard it is caused by gas rushing in to fill the partial vacuum created when the joints are slightly separated. This harmless and painless sound is not always a good indicator of the success of the adjustment. ***Hearing or not hearing this sound should not be a goal*** when you visit a chiropractor; **correction of the subluxation is.**

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