

What is a Chiropractic adjustment?

After establishing the presence of a subluxation, Dr. Bahnemann will perform a procedure called a chiropractic adjustment. The adjustment is the key to chiropractic care.

Chiropractic adjustments are gentle. Dr. Bahnemann applies a specific quick, but gentle force to the subluxation, allowing the body to unlock the vertebrae from its malposition. Dr. Bahnemann employs several different techniques, some delivered manually with her hands others through the use of specialized tables or tools.

Similar to straightening teeth, correcting subluxations requires time for the surrounding tissues to accept this newly corrected position as normal. Correcting the subluxation provides proper alignment to the spine, reduces the five effects of the vertebral subluxation complex and maximizes nervous system function.

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