

Activator Turns 35

Editorial Staff

It was 1966: The war in Vietnam was raging. On the home front, Ford came out with the Mustang; the Monkees were on the music scene; and Drs. Warren Lee and Arlan Fuhr were developing the Activator Methods chiropractic technique (AMCT). AMCT was a synthesis of low-force adjustive procedures, including Logan Basic, Derifield-Thompson leg checking, and VanRumpt's directional nonforce technique.¹

The company's key achievement was a mechanical spring-loaded tool (the "Activator") invented by Dr. Fuhr. It would be another 10 years before Dr. Fuhr's instrument would be produced in the form we recognize today. The Activator, purportedly up to 800 times faster than a manipulative thrust by hand, delivers a more gentle adjustment, and is well-suited for "special-needs" patients. The Activator Method chiropractic technique and its tools are used by over 31,000 doctors.

"We at Activator Methods are still striving to keep chiropractors abreast of the latest research, so they can give their patients the best treatment available," observed Dr. Fuhr.

Dr. Fuhr conducts clinical research, has published more than 70 peer-reviewed papers, and is co-author of a book named after the technique. He is the president and founder of the National Institute of Chiropractic Research.

Reference

1. Cooperstein R. Technique Overview: Activator Methods Chiropractic Technique. *Chiropractic Technique* 1997; 9(3):108-114.

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