

What If ...

The adjustment is what makes chiropractic care work. It was so in 1895 and is so today. The ability to give the adjustment is the art form of chiropractic and is our forte, or should I say was our forte.

Research relative to spinal and pelvic biomechanics is abundant and improving our ability to be outstanding at finding the spinal hypomobilities that are causing our patients' complaints. We now can adjust the cervical spine for a fixation during right axial rotation without rotating the spine. We can adjust the lumbar spine for motion fixations during rotation and lateral flexion without rotating the lumbar spine. And multiple site fixations of the pelvis can be adjusted with a single thrust utilizing the naturally occurring components of nutation and counter nutation. With all of this outstanding work available to the chiropractic educators, why are we so afraid?

Rewriting and putting in new pictures to outdated texts may be good for one's ego, but will most assuredly keep the profession from being the leader in the world of spinal manipulation. The osteopathic doctors almost lost the knowledge and art of osteopathic manipulation for the osteopathic lesion. The physical therapists went away from manipulation to ultrasound and other modalities. However in the last few years over 150 spinal manipulation courses for physical therapists have been taught.

Doctors and students, go to your college libraries and look who is writing the texts on spinal adjusting techniques of the 90s. According to a large international physical therapy supplier, the chiropractic profession is the second largest purchaser of ultrasound in North America. The adjustment is what makes chiropractic work.

How many adjustments do you know? How many can you really do? How many do you use -- flying seven?

You cannot know too many adjustments. Why not make it your goal for the remainder of 1993 to learn and perfect 10 new adjustive procedures and get the adjustment back in your life?

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Editor's Note:

Dr. Innes, along with Terry Elder, DC, will be conducting his next Full Spine seminar on June 5-6, 1993, in Houston, Texas. His Lower Extremities seminar will be in Kansas City, Missouri, on June 12-13, 1993. You may register for these seminars by dialing 1(800) 359-2289.

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