



## **Chiropractic Can be Gentle? YES!!!...Seriously!**



Chiropractic adjustments help stimulate the body to heal itself. As mentioned on our web site our bodies are uniquely special in that they have the ability to self-correct when something is wrong. The body attempts to heal itself but occasionally needs some assistance and that is where chiropractic can help. Traditionally, chiropractors have used single high-energy thrusting and pulling movements to adjust areas of the body. The adjustment sets a series of events into motion...the adjustment acts as a sort of catalyst that produces precise movements which stimulate "neural receptors" in the area. These receptors, in turn, produce nerve responses which relay crucial information to the brain.

The long and short of all that scientific talk is that the adjustment serves a purpose similar to turning on a light switch when you walk into a room. The act of flipping the switch sets into motion the activities that need to occur to release the energy that causes the light to come on.

The brain is an amazing "computer", if you will, that depends on this "neurological feedback stream" to update its awareness about areas of the body. This occurs very rapidly such as when you touch a hot plate and immediately pull your hand back. That is your brain at work processing a neurological feedback stream about the impulse it just received from your hand.

The wonderful difference between your brain's reaction to the hot plate and the chiropractic adjustment is that you do not experience pain from the adjustment. The two events are similar in that a very complex series of events are set into motion by the impulse received by the brain. Once the brain evaluates the changes prompted by the adjustment (the input or impulse) it issues self-correcting commands to the muscular system, and other systems, to bring about healing changes.

A very simple explanation would be that the brain has been instructed to pay attention to a certain area of the body and do what it can to help correct the situation. In the past it was believed that the only way to cause this change to occur was by a forceful, if not unpleasant-or even sometimes painful-thrusting type of adjustment. Traditional chiropractic is an effective means of treating patients and the preferred method of many doctors and patients, however, recently new ways of producing this important neurological feedback stream have been developed which may make chiropractic available to more types of patients and help treat different types of conditions.

At Pine Mountain Chiropractic Center, Dr. Russell chooses to use a low force, highly effective means of introducing this stimulus to the body. This instrument is called an ArthroStim. The ArthroStim Instrument is one of the most effective and comfortable tools for creating this valuable input into the nervous system. There is no popping, twisting, or cracking of your spine with its use.