

# Standing Corrected

## Second-Stage Chiropractic Care:

By Sayre Priddy



**F**or many people, the main motivation to visit a chiropractor may be to achieve some degree of relief from pain and discomfort. While pain relief is vital, it is crucial that patients realize that it is only the first step towards achieving good health. **It is equally as important to treat the underlying conditions that cause the pain. This is where correction, the second stage of chiropractic care, comes in.** Subsequent to the relief stage, it is essential that the patient continue to

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undergo adjustments to promote actual healing.

According to Dr. Kathryn Hoiriis, Hands-On Health Center, Decatur, GA., chiropractors take a complete patient

health history, evaluate the patient’s physical status with examination that includes postural observation, range of motion evaluation, palpation and orthopedic/neurological testing. It is then determined the need for radiographic (x-rays) or other diagnostic imaging. This will indicate any subluxation or interference in the body.

Dr. Pamela G. Cobbs, Freedom Chiropractic, Bend, OR., puts it this way: “Specific chiropractic adjustments correct or reduce subluxations, misalignments of the vertebra. This, in turn, results in improved alignment of the spinal vertebra, better joint motion, reduced nerve interference, improved muscle function and less pain. Adjustments enhance the health potential of the body by maintaining the communication between brain and tissue. The flow of nerve impulses through the spinal cord and spinal nerves is normalized and your body begins to regulate and heal itself.”

### IT TAKES LITTLE TIME

Overall, adjustments are not a very time-consuming process. “Generally, adjustments take only a couple of

minutes, depending on the other modalities the chiropractor is using,” said Dr. Paul M. Salinas, of Park Avenue Spine and Sports in NY City.

Dr. Chad Hawk, of the Virginia

Institute of Chiropractic in Charlottesville, VA., estimates that the time commitment is slightly longer, though not by much. “Adjustment typically take anywhere from two to ten minutes. **For the adjustment, the patient will normally lie down on an adjusting table and the chiropractor will touch the spine. They may also check for leg length discrepancy, feel the tone of the muscle and feel the soft tissue in the surrounding area. All of this, coupled with X-rays, EMGs and thermographs, are what tell the chiropractor what and when to adjust.** The actual adjustment can be performed with the hands, applying a gentle force to the spine, or an instrument can be used. Both are equally effective.”

### WHEN IS THE PROBLEM CORRECTED?

“That depends upon many factors unique to each individual case,” notes Cobbs. “The age of the patient, the number and severity of subluxations present, past injuries and general lifestyle. It also depends on how long you choose to benefit from chiropractic care.”

Chiropractors agree that adjustment and exercise go hand in hand during the corrective phase of care. This helps restore strength and flexibility to the spine’s ability to recover. Once dysfunction is removed the objective in the next stages of care will be to stabilize the spinal alignment to improve function and promote a more complete healing. Next month: *The Third Stage: Maintenance.*