

Moore Chiropractic and Wellness Center's **Techniques**

1.) The Pro-Adjuster - A Breakthrough in Healing



Imagine thirty to forty years ago, if we told you that dentistry would be painless, that doctors would watch television to perform surgeries, that brain surgery for tumors could be done with a laser, that fetuses could be operated on within the uterus, that knife-less surgery could be performed- you would not have believed us. By the same token, would you believe us if we told you that Chiropractic treatments and reorientation of the nervous system could be done comfortably, while you were sitting in an upright position without any turning or sudden movements? Would you believe that newborns as well as the elderly with osteoporosis can be treated safely and gently?

Advances in computers and engineering technologies have been able to uniquely blend with Chiropractic in order to both analyze and treat the human body in such a way that was never before realized. The potential for the human being to end pain and to achieve their peak nervous system function has never been greater. Humans are consistently asking their bodies to perform at higher levels. Now we have the techniques and the technology to match the demand placed on the spine and the nervous system. We now have the capability to fine tune our own energy and enhance every aspect of our lives.

How does the Pro-Adjuster work?

To better understand, let's examine the idea of palpation. When a Chiropractor palpates your spine, they are checking for joint fluidity, motion and or rigidity. Improper motion affecting the nerve function is called a subluxation. In a similar fashion to palpation, the Pro-Adjuster can determine whether the vertebra's motion is too rigid or too fluid. The spine should not be too rigid (hypo-mobile). However, instead of utilizing the doctor's judgment as to what areas are hyper-mobile or hypo-mobile, the Pro-Adjuster measures precise levels of motion. Therefore, the Pro-Adjuster can isolate a problem area faster and more accurately than manual procedures.

Combine Tradition with Technology



The piezoelectric sensor in the Pro-Adjuster instrument responds and registers information faster than your body's ability to react. Therefore, a precise and accurate picture of the extent of rigidity or fluidity of each vertebra is reflected.

A light force is introduced into the vertebra to check motion; it is reflected back to the piezoelectric sensor, which measures the reflective force, sending it to the computer for interpretation, all before the muscle can respond in its normal way. Isn't that incredible? This is the same technology and same type of instrument that NASA engineers have used in the space program in order to evaluate the integrity of the ceramic cooling

tiles on the outside of the space shuttle. The aviation industries, as well as civil engineers have used this technology in order to test metal fatigue in aircraft and bridge spans.

Chiropractors are now able to use this highly sophisticated technology applied to the human body in order to determine proper function!

How can anything so gentle and comfortable change my spine?

The Pro-Adjuster utilizes a precise oscillating force with uninterrupted motion. It is able to increase the mobility of the spinal segments by reducing or enabling motion in the abnormal areas. In other words, the Pro-Adjuster is "unsticking" the joint. Have you ever seen a woodpecker tapping in an oscillating fashion on a tree? It is hard to believe, but you can watch them bore right through the hardest wood! The Pro-Adjuster taps in much the same way but uses soft tips that are comfortable to the human body and do not create damage.

2.) Specific Diversified Technique

Diversified Technique is the classic chiropractic technique, developed by D.D. Palmer, DC. [At Logan, Diversified Technique](#) was refined and developed by the late Otto Reinert, DC, to address biomechanical failure in each section of the spine, as it relates to specific subluxation. The focus is on restoration to normal biomechanical function, and correction of subluxation. In addition, Diversified methods have been developed to adjust extremity joints, allowing for beneficial applications in treating sports injuries and other injuries.

Diversified adjusting of the spine uses specific lines of drives for all manual thrusts, allowing for specificity in correcting mechanical distortions of the spine. Logan's Diversified instructing focuses intensely on the specificity of Diversified adjusting, allowing students to develop high levels of competence in the technique by the time they complete the Diversified curriculum.

3.) What is the Activator Method Chiropractic Technique?

The Activator Method Chiropractic Technique is a gentle, low-force approach to chiropractic care. The technique has been used safely on patients of all ages since the late 1960s, bringing relief to people with a variety of health concerns.

Incorporating the latest advances in orthopedic, neurological and chiropractic examinations, this unique system of administering spinal adjustments using research-based analysis and the Activator Adjusting Instrument can help restore spinal balance safely and comfortably.

Because of its effectiveness and gentle nature, the Activator Method has grown to become the world's most widely-used instrument chiropractic technique.

4.) Logan Basic Chiropractic Technique treats the muscles that control spinal balance in order to release this tension. The proper leverage, applied ever so lightly at the right spot, will cause the entire spine to move towards balance. This method is similar in principle to that used to change a flat tire. The proper leverage of a car jack will allow a comparatively small person to elevate a heavy car right off the ground.

Before treatment begins, the doctor analyzes the patient's spine while he or she stands in front of a plumb line. Further examination may also be made with the patient lying face up and/or face down on the table. Then, with the patient lying face down, the doctor places a very light pressure on a pre-determined "leverage spot" on the sacral bone in the low back, employing the same principle described in using a car jack. This spot is held for 10 to 15 minutes while the doctor lightly rubs the back muscles with his other hand, coaxing them to release tension.