

I just can't handle the snap, crackle, pop...

Some people still associate chiropractic with snap, crackle, and popping sounds.

Think again!

Chiropractic care has changed and developed over the years as new information and techniques are discovered. Amazing new and much more gentle adjusting instruments have been developed.

To restore the neck, back, hips, and shoulders into precisely the right position, I use what is called an "Impulse" adjusting instrument.

When I first saw this instrument, I thought that the adjustments done by hand were all I needed. But once I saw the research, I had to have one.

The Impulse is much faster than manual adjustments (using the hands), it uses less force, and I can target specific areas with much more precision.

The earlier form of adjusting instrument was the "Activator," and it delivered a single thrust. The "Impulse" is twice as fast, a hundred times as fast as a manual adjustment, and it can deliver several rapid low-force thrusts.

The Impulse resembles a glue gun but with a small rubber tip at the end. When applied, it has a rat-tat-tat sound as it rapidly moves the bone into place.

This is particularly beneficial for those with tight or tense muscles, as the speed allows the adjustment to occur faster than the muscles can tighten against it! Pretty amazing. This means much less muscle soreness during and after the adjustment.

Adjustments with the Impulse are comfortable -- there's no "cracking" sound or twisting of the body. For those who must have the sound, we can still do manual adjustments!

In clinical trials, adjustments with the Impulse fared as well as manual adjusting techniques in reducing pain and improving function. And because the force of the instrument is fully adjustable, I can even adjust babies, the elderly, and everyone in between with equal success.