

## Chiropractic Care

At Arctic Chiropractic Juneau, we offer advanced spinal corrections using state-of-the-art chiropractic techniques. The levels of expertise and help that is currently available in chiropractic care has never been seen in the industry. These new correction methods make the process more comfortable, far safer, and more importantly more effective than ever before. Our chiropractor, James Chavis has many years and training in adjusting the spine.

### What is Chiropractic Care

The chiropractor traditionally relies upon the realm of manual therapies, including manipulations and spinal mobilizations in order to provide improved functioning and pain relief for patients. To be more precise, chiropractic care refers a health profession that treats strains, sprains, joint problems, neck pain, musculoskeletal issues, herniated discs, sciatica, and osteoarthritis. Chiropractors do not prescribe drugs or surgery.

### Chiropractor Adjustment

Chiropractic adjustments refer to when the Chiropractor applies certain manipulations to the vertebrae that have abnormal movement patterns or vertebrae that fail to function normally. These adjustments are often referred to as manual manipulations, spinal manipulations, and chiropractic manipulations. Having an adjustment to the spine is one of the most common and most effective therapeutic treatments for lower back pain. The primary goal of this type of chiropractic treatment is to help increase the patients range of motion and to improve their functioning by reducing subluxations and nerve irritability.

### Description of a Chiropractic Adjustment

Chiropractic adjustments will typically involve: For most patients, they will experience a relieving sensation, while some people may experience some minor discomfort for a short period of time. Minor discomforts may be experienced by patients who experiencing a spasm of the surrounding muscle tissues or if the patient tenses up during their manipulation. Some patients experiencing a popping sound that is attributed to an accompanying joint activation and release of gas. This noise is caused by the release of oxygen, nitrogen, and carbon dioxide when pressure is placed on the joint and cavitation. For these chiropractic adjustments, the chiropractor will typically use a high velocity, short lever arm thrust that is applied to the vertebrae.

### Manual Manipulations and Spinal Manipulation

Manual manipulations from a chiropractor refers to a short lever arm thrust that is applied to a subluxated vertebrae so as to improve overall functionality, restore range of motion in the back, and to reduce nerve irritability. These are the goals for a spinal manipulation. Adjustments may be required for multiple visits to have the bones and muscles to hold their correct position. This will ultimately depend on how much the person has been "out of alignment" and how much the surrounding muscle tissues have overcompensated. Most patients will experience relief after their very first visit.

### Mobilization

Mobilization by a chiropractor refers to a low velocity manipulation, such as stretching and movements of the muscles and joints. This type of chiropractic mobilization is done with the goal of increasing the range of motion in the particular spots that the patient is experiencing stiffness and soreness.