

# Adjustments Brochure Transcript

PREMIER PATIENT COMMUNICATION MATERIALS

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*Note: Due to recent brochure revisions, minor differences in content may exist. Actual product samples are available for your review when you call Back Talk Systems toll free (800) 937-3113.*

## WHAT'S AN ADJUSTMENT?

A chiropractic adjustment is the use of a specific force in a precise direction that helps normalize spinal function.

Each day, millions of delighted patients choose chiropractic over drugs or surgery, as a common sense approach to better health.

When the 24 bones that protect the spinal cord lose their normal position or motion, delicate nerve tissue can become choked or irritated. If a thorough examination reveals malfunctioning areas of the spine, chiropractic adjustments are recommended to help correct this condition.

A chiropractic adjustment is the use of a specific force in a precise direction, applied to a joint that is fixated, "locked up", or not moving properly. Adjustments help return the bones to a more normal position or motion, relieving pain and ill health.

There are hundreds of ways to adjust the spine.

Usually the doctor's hands or a specially designed instrument delivers a brief and highly-accurate thrust. After years of training, each doctor has selected a variety of methods and become skilled in their delivery. Regardless of the technique used, each chiropractic adjustment is tailored to the patient's age, size, and unique spinal problem.

Adjustments help normalize spinal function and avoid bone and soft tissue degeneration. When nervous system function improves in this way, the body can begin the natural healing process.

Photo Caption: Years of experience insures that each adjustment is precisely delivered.

Photo Caption: Your doctor has selected from hundreds of adjusting methods and has become an expert in their delivery.

Photo Caption: Chiropractic adjustments are so safe, even newborns and children receive adjustments to repair the damage caused from the birth process, learning to walk, or other childhood trauma.

## THE CHIROPRACTIC LIFESTYLE

A continuing schedule of regular chiropractic checkups can help detect, correct, and maintain optimum spinal and nervous system function. Find out how chiropractic care, combined with proper diet, exercise, and other aspects of good health and personal hygiene can enhance your well-being and help you enjoy life to the fullest. Ask your Doctor of Chiropractic for a care program designed for your age, condition, and lifestyle.

## References

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