

## **The Benefits of a Low-Force Chiropractic Technique**

### **Overview**

There are many forms of chiropractic manipulation, but all focus on correcting structural misalignment in the body to address problems such as low back pain, neck pain, extremity problems and sciatica. Some chiropractic techniques utilizing forceful movements, including adjustments that require neck cracking and other types of physical manipulation, often raise concerns over possible injury and discomfort. The good news is that low-force chiropractic techniques can yield positive results without relying on more aggressive tactics.

One example of such a technique is the Activator Method. Practitioners trained in this method utilize a step-by-step methodology to first identify a patient's problem, and then determine precisely where, when (and when not) to make the chiropractic adjustment. Structural realignment is then completed using a low-force device called the Activator Adjusting Instrument, a hand held device with a tension coil and plunger that produces a swift pulse of low force at high speed.

Chiropractic sessions using this technique are safer than the traditional high force manipulations because the head is kept in a neutral position; there is no turning or twisting while the adjustment is being delivered. The Activator method is particularly beneficial to pediatric and geriatric patients because of its gentle approach. Patients who resisted getting a chiropractic adjustment due to fear of injury or apprehension about forceful manipulation have found the Activator Method is virtually pain-free and very comfortable.

Those undergoing treatment with a low-force technique such as the Activator Method also find that the treatment process is very time-efficient. Typically, a new patient can be assessed and treated in less than 15 minutes. As with other chiropractic methods, immediate relief of pain can be experienced, but the best results are achieved with repeated adjustments, usually over a two week period. In chronic cases, the body requires more time to heal, and thus, it may take longer for a patient to enjoy positive long-term results.

The Activator Method has undergone clinical trials to measure its safety and efficacy, and the supporting research lends itself to referrals by physicians and other health care providers. I have found low-force chiropractic treatments such as the Activator Method to be reliable and efficacious, and I recommend them in my clinical practice when indicated.

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