

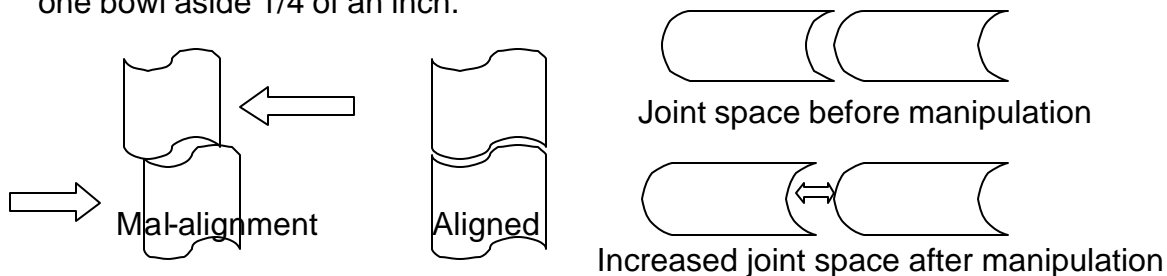
CHIROPRACTIC MANIPULATION THERAPY

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Manipulation is the hallmark of chiropractic care, which was first developed by D.D. Palmer over 100 years ago. The chiropractic adjustment, as it is commonly called, is the key element in the treatment of, not only spinal conditions but the extremities as well.

Manipulation works by restoring normal joint function and position. If a joint is not working in its complete or proper range of motion, another joint adjacent will have to compensate, by altering its position or range of motion. This not only creates an injury of the mal-aligned or dysfunctional joint, but also predisposes other parts of the body to compensatory injuries.

Joint alignment is extremely important because of the congruity of joints. According to Cyriax, a British orthopedic surgeon, a mal-position of 1mm in spinal vertebrae will change the articular congruity 98%. This means that if the amount of contact surfaces between joints changed dramatically with very little mal-position. This lack of congruity can cause early degenerative changes. A mal-position is like stacking cereal bowls on top of each other and then moving one bowl aside 1/4 of an inch.



The cereal bowl on top only has a small rim in contact with the cereal bowl below with this mal-position. This same type of congruity is evident in joints throughout the body. By restoring alignment and joint function, chiropractic manipulative therapy is the key element in the treatment of joint sprains, muscular strains and other degenerative conditions.

Manipulation is generally a painless procedure and it can be provided through a variety of techniques. To be therapeutic, the adjustment must be directed in a very specific direction or plane of the joint. It is a process, whereby, the joint in question is moderately distracted while a very fast, yet shallow thrust is applied through the joint space to restore normal positions and function of that joint. This thrust moves the joint into what is called "the paraphysiological space". A common side effect of the manipulation is an audible 'popping' sound. This is simply a pressure change within the joint when it moves into the paraphysiological space, where CO₂, in a liquid form, transforms into a gas form under pressure change. This same type of popping sound results when you open a can of pop or other carbonated beverage. After the manipulation the distance between the joint surfaces are increased, reducing joint compression.