# How Do Chiropractors Know Where to Adjust? - Arrowhead Clinic Explores the Science Behind Chiropractic Care

*May 08, 2023*

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Arrowhead Clinic, a chiropractic practice with offices in various locations in Georgia, has released a blog post titled, ?How Do Chiropractors Know Where to Adjust?? which explores the science behind chiropractic care. Chiropractors depend on their training and experience to determine those parts of the body that require adjustment. To do that, they evaluate the patient?s posture, muscle tension, joint movement, and range of motion, while also taking into account their medical history.

Dr. Harry Brown, founder of Arrowhead Clinic, says, ?During an exam, a chiropractor looks for neuromuscular irregularities such as tension, tenderness, muscle spasm, limited range of motion, asymmetry in joint movements, or poor posture patterns. Further assessments, such as X-rays or MRIs, can be used to detect potential structural issues and misalignment. With years of study and clinical practice, skilled practitioners develop an acute awareness that helps them home in on which areas require adjustment.?

Chiropractic care is focused on neurological and musculoskeletal health and is regarded as one of the safest types of alternative medicine. They apply two main approaches when finding joint dislocations: manual

palpation and imaging-based methods. With the manual palpation method, the chiropractor feels or ?palpates? various body areas to find out which areas have restricted tissue tone or mobility. A chiropractor has to have specialized experience and knowledge regarding the musculoskeletal anatomy of a patient to perform manual palpation. The imaging-based method applies different modalities, including MRI scans and X-rays, to pinpoint those areas with restriction in joint or muscle tissue function.

It is important to note that while manual techniques are not as precise or accurate as the imaging or thermography technologies, they enable chiropractic practitioners to feel for those subtle irregularities or changes in tissue mobility and texture that may be signs of underlying issues. Manual techniques have been used by practitioners for centuries because of their sensitivity and reliability in helping find those minor issues that otherwise could have been overlooked when using more advanced techniques.

Meanwhile, X-rays and posture analysis are frequently used by chiropractors to help determine the source of musculoskeletal pain. X-ray imaging shows the underlying skeletal structure, while posture analysis shows what is happening with body movement and positioning. In the X-ray exam, chiropractors look for any bones that are misaligned, wear patterns on facet joints, and the presence of inflammation in soft tissues such as muscles and ligaments.

Chiropractors employ different approaches when it comes to spinal manipulation and adjustment, depending on individual preferences and the kind of injury being treated. Some will apply physical adjustments using manual force and others will use devices or controlled pressure to manually adjust the spine. The high-velocity law, amplitude trusts (HVLAT) technique is the most traditional type of chiropractic method and it involves rapid and very short joint movement to allow it to move beyond its range of motion. HVLAT is frequently used for correcting vertebral subluxation or misalignment and for creating a new joint position. It can also be used in providing relief for muscle tension, muscle spasms, and other issues resulting from poor posture or prolonged sitting. Chiropractors may also use non-thrust or low-force manipulations, which utilizes slow and repetitive movements to help stretch tight muscles and enable increased joint mobility.

The effectiveness of chiropractic treatment has both advocates and skeptics. Advocates point to the consistently reported positive results and the studies that support such claims, indicating that adjustment can help improve chronic back pain, osteoarthritis symptoms, and headaches. In contrast, skeptics point to the absence of scientific evidence for specific spinal adjustments. They may also point to reports about rare severe side effects of adjustments that make the pain worse.

Founded in 1977, Arrowhead Clinic has a team of leading chiropractors and auto accident doctors in 18 clinics found in different locations around the state of Georgia. They have already provided treatment to over 400,000 accident victims during the last 40 years and they have established a reputation of being chiropractic care leaders. They have in-house x-ray equipment to help them diagnose the injuries of patients during their

initial consultation. In addition to car accident injuries, they can also provide treatment for various kinds of pain and injuries.

Those who want to learn more about chiropractic care can check out the Arrowhead Clinic website or contact them on the phone or through email.

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For more information about Arrowhead Clinic, contact the company here:Arrowhead ClinicDr. Harry Brown(800) 961-7246info@arrowheadclinics.com

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you need an attorney we can refer you to only the Best Personal Injury Attorneys to help settle your case. The combination of the Best Doctors and the Best Attorneys will enable you to get well and get the most money in your Settlement. Call our doctors first before contacting an Attorney! Call Arrowhead Clinics so you can begin treatment immediately. Call your insurance company, and set up a claim. Always call the police and have an accident report filled out.",
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**Arrowhead Clinic**

*Arrowhead Clinic has 17 clinics serving Georgia residents with expert chiropractic and medical care for personal injuries and auto accidents for over 48 years.*

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