

Education and Techniques of Chiropractors

By Dr. Jennifer Liming

During Chiropractic school, the core curriculum courses include sciences such as anatomy, physiology, pathology, histology, and x-ray, similar to Medical Doctors¹. After which M.D.'s study surgery and D.C.'s study techniques. Techniques are different forms of helping the spine, known as an adjustment. An adjustment is what a chiropractor uses with their hands (or instrument) at a specific area of the spine.

All chiropractic techniques help the nervous system transmit information normally. Each chiropractic school teaches two to three techniques in their core curriculum. In addition, chiropractors have the opportunity to expand their knowledge by studying other methods.

The three main styles of adjusting are light force, traditional and table assisted. Light force include techniques such as Basic, Network, S.O.T. (Sacral Occipital Technique), Activator (the instrument), and AK (Applied Kinesiology). Traditional is a firmer way of adjusting, such as Diversified and Gonstead. This is when the audible

noise is produced by a gas releasing from the joints in the spine. Table assisted is when the table helps the doctor perform the adjustment. Two examples are Thompson (where you hear the table make the drop noise) and Cox Flexion/Distract (where the bottom part of the table bends). There are many additional techniques, these are the most common.

Dr. Jennifer's Techniques and Background

Dr. Jennifer attended Logan College of Chiropractic where she has studied Diversified and Basic since 2000. Diversified is the most common style adjusting among chiropractors today. Basic is a technique that focuses on the tailbone. Dr. Jennifer uses this technique on newborns and pregnant moms.

As mentioned before, Doctors of Chiropractic have the option of taking other techniques. These are primarily given in seminars by doctors who have studied the techniques for an average- 15 to 20 years. Dr. Jennifer's main technique is called S.O.T. (Sacral-Occipital Technique). She has studied this since 2001 and has over 150 hours in additional S.O.T. training. This technique focuses on the sacrum (tail bone) and the occiput (back of the head). In more detail, if one end (sacrum or

occiput) is not moving, the other end will move too much creating an imbalance in your nervous system. There may be other levels in your spine that contribute to this imbalance and lack of communication in your nervous system.

Dr. Jennifer has studied the Thompson technique since 2003. This technique focuses on the head, neck, tailbone, and hips.

There are many different forms of adjusting and each chiropractor has their own technique. The bottom line is- a chiropractor's job is to correct the communication in the nervous system so that normal function is restored. This helps the body to do what it is designed and programmed to do, thus leading to optimal body function.

¹ See Medical doctors vs. Doctors of Chiropractic in your report folder. Feel free to ask for additional copies.