

What's that sound when I'm adjusted!?

When you're adjusted I remind you over and over not to worry about the sound. Some adjustments are loud and some quiet. The source of the sound is open for debate. The most common thing I've heard described as a reason is that when you separate the surfaces it creates bubbles and we hear them collapsing. Perhaps, but again...the sound is not a telling tale of an adjustment occurring.

There are 1 of 4 ways that a body and spine can be:

1. **In pain & subluxated**: This is often when people come to my office looking to be "cured".
2. **Subluxated & no pain**: This is the worst and unfortunately most common. Only 10% of our nervous system carries pain. The other 90% carries "function functions". So, as a person could have their body significantly impaired internally and feel great, this scenario stinks.
3. **Pain & no subluxations**: This is the hardest for people to grasp, you could have a pain and not have something wrong with you. Yes! Your body is doing the work it needs to do, but you still hurt.
4. **No pain & no subluxations**: This is the best of the best. It is what we hope to see.

If you have a subluxation, one of two things happen. First, of all your body knows you are subluxated (through Innate Intelligence), and it will let you know while it does its best to attempt to heal itself. Sometimes with this you hear a clicking and popping of the spine. The worst is if you "pop" your spine to get a "crack". The sound is either your body being able to get rid of the subluxation and when we check you it will be fine OR it is you "cracking" the joints above and below the subluxations (because it is stuck) and making the joints above and below work harder. This makes the problem worse, so should you want to "crack your own back", I hope you realize you should NOT!

Unfortunately, the sound is the same for a chiropractic adjustment as it is if you just "crack your back". That is why we do post-checks in our office with the leg checks to be sure that a subluxation changed, not just made a sound. The difference is...one is just "cracking" or "popping" the spine, the other is what we do in our office, an ADJUSTMENT, there is a difference and yes, I am picky about it!

Why does Dr. Ross often adjust the same area?

When you come in for your chiropractic "checks" we do the same checks on every person to find out if there are subluxations and if so where. What changes are where, how, and how much we adjust.

We adjust you and your body starts doing better. However, if your body cannot overcome the internal or the external stressors, then it can, and will re-subluxate.

If this is the case for you it will tend to re-subluxate at the weakest link in the chain, which is the previously damaged and subluxated vertebra.

This is why we tend to adjust the same thing, because it is where you are tending to subluxate first. I would be more worried if we were seeing subluxations all across the spine. That is more of a red flag for problems to me.

We hope your body continues to get stronger. With adjustments and other lifestyle changes, it can "hold" adjustments longer.

FROM THIS



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Dr. Kevin Ross – The Power Company
2405 E. Southern Ave. #4, Tempe, AZ 85282
480.730.7950
RechargeYourLife.com