

### **What is a “chiropractic adjustment?”**

A chiropractic adjustment is a specific manual force applied in a precise direction to the spinal vertebra restoring normal motion, often relieving pain and associated spinal symptoms.

### **Do chiropractic adjustments hurt?**

Chiropractic adjustments, when carried out by a qualified Chiropractor, are not painful. However, if the condition is acute, and there is a lot of muscle spasm and inflammation, there may be some discomfort initially. Your Chiropractor will advise you if this is likely. Since each patient is unique, each adjustment is unique. Age, size, and individual spinal conditions determine which adjustment technique is best suited for treatment.

### **What does the 'popping' sound of the adjustment mean?**

### **Who sees a Chiropractor?**

### **Are there different Chiropractic Techniques?**

### **What is Maintenance Chiropractic Care?**