

## Chiropractic Adjustment

A chiropractic adjustment, also known as chiropractic manipulation, manual manipulation, or spinal manipulation, is a common therapeutic treatment for lower back pain.

A chiropractic adjustment refers to a chiropractor applying manipulation to the vertebrae that have abnormal movement patterns or fail to function normally.

The objective of chiropractic treatment is to reduce the subluxation, with the goals of increasing range of motion, reducing nerve irritability and improving function.

### Chiropractic Adjustment Description

A chiropractic adjustment typically involves:

- A high velocity, short lever arm thrust applied to a vertebra.
- An accompanying audible release of gas (joint cavitation) that is caused by the release of oxygen, nitrogen, and carbon dioxide, which releases joint pressure (cavitation).
- A relieving sensation most of the time, although minor discomfort has been reported (usually lasting for a short time duration) if surrounding

muscles are in spasm or the patient tenses up during this chiropractic care.

It should be known that joint cavitation or cracking does not occur at times, typically as a result of significant muscle splinting or the patient not being adequately relaxed during the chiropractic manipulation. At times like this, it is sometimes best for the chiropractor to apply ice, have the patient rest, or do electrical stimulation and massage prior to attempting the chiropractic adjustment.

## Dr. Mark W. Cafagna, DC

### Address

#### Cafagna Chiropractic

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760-410-2373

### Qualifications

**Graduated From:** Palmer College of Chiropractic

**Years in Practice:** 30

### Treatments

- Chiropractic Adjustments
- Ultrasound
- EMS
- Deep Tissue Massage
- Spinal Axial Decompression
- Orthotics
- Trigger Point Therapy

"Do what you do so well that people would want to come back and tell others." ~ Walt Disney

## Chiropractic Adjustment Techniques

There are many different manipulative techniques that can be utilized in chiropractic, and there is a certain skill level and "art" involved with high velocity, low amplitude adjustment or manipulation. It is perhaps more important for the chiropractor to determine when not to apply the adjustment.

## Chiropractic Adjustment Side Effects

The most common reaction to a chiropractic adjustment is aching or soreness in the spinal joints or muscles. If this aching or soreness occurs, it is usually within the first few hours post-treatment and does not last longer than 24 hours after the chiropractic adjustment. Application of an ice pack often reduces the symptoms relatively quickly.

## Some Common Forms of Chiropractic Therapy

- ✓ **Heat and cold.** Chiropractors may alternate between heat and ice therapy to help patients treat back pain. Ice packs may be used to numb the back for a 10 to 15 minute period and then switched with a heating pad, heat wrap or hot water bottle to restore blood flow to the area and promote faster healing.
- ✓ **Exercise.** Chiropractors may provide patients with instructions for an exercise program focusing on stretching and strengthening the back.
- ✓ **Massage.** Chiropractors may massage the soft tissues to improve circulation, reduce swelling and inflammation associated with the back pain, and encourage quicker healing.
- ✓ **Dietary management.** Many chiropractors will provide

patients with tips on how an improved diet may help with their back pain, and some may recommend dietary supplements after spinal manipulation.

- ✓ **Ultrasound.** With ultrasound, sound waves create deep heat therapy that is applied to the soft tissues and joints. Basically micro-massaging the soft tissues and joints, ultrasound therapy can not only help reduce back pain, stiffness, and spasms, but increase blood flow and accelerate the healing process.

Learn more: <http://www.spine-health.com/treatment/chiropractic/chiropractic-services-beyond-adjustments>

***Talk to Dr. Cafagna about specific questions related to your unique health situation.***

**Contact Dr. Cafagna  
to learn more or schedule an appointment**

760-410-2373

<http://www.spine-health.com/doctor/chiropractor/mark-cafagna-san-marcos-ca>