

# Chiropractic

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## Chiropractic Care

Chiropractic is a science dedicated to and based on the human body, particularly the relationship between skeletal and the nervous system. When balanced, these vital systems interact to preserve and restore your health. Chiropractic is a hands-on approach to health and wellness, relying on the body to heal itself and correcting any misalignments that may prevent this healing from occurring. Chiropractic manipulation or adjustment is designed to:

- Treat mechanical restrictions (dysfunctional joints)
- Increase your range of motion
- Eliminate excessive strain on your muscles
- Block pain impulses and increase your comfort level

## Adjustments

Adjustments are the central part of chiropractic treatment. The chiropractic adjustment is a therapeutic manipulation that uses controlled force, leverage, direction, amplitude, and velocity directed at specific joints. In other words, an adjustment involves a lot more than simply opening up a joint. Dr. Akin, Dr. Sebby, and Dr. Painchaud will not only perform these adjustments to the spine, but they might adjust other joints, such as the ankle, knee, wrist, elbow, or shoulder in order to restore structural alignment or to improve joint

function. Again, proper structure is necessary for proper function, and proper extremity function is an important part of healthy daily living.

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