

COLD LASER THERAPY

Diversified Chiropractic Technique is a widely practiced method within the field of chiropractic care. It is considered a manual adjustment technique that focuses on the assessment and treatment of musculoskeletal issues, particularly in the spine. Here's an overview of the Diversified Chiropractic Technique:

1. **Objective:** The primary objective of the Diversified Technique is to restore proper alignment and function to the spine and other joints in the body. Chiropractors who use this technique aim to correct subluxations, which are misalignments of the vertebrae that may impede nerve function and cause pain or discomfort.
2. **Manual Adjustments:** The hallmark of the Diversified Technique is the use of manual adjustments. Chiropractors use their hands to apply controlled and precise force to the misaligned joint. This may involve quick thrusts or gentle pressure, depending on the patient's condition and the chiropractor's assessment.
3. **Patient Positioning:** Patients are typically positioned on a chiropractic table or bench in specific ways to facilitate the adjustment. The chiropractor may ask the patient to lie face down, face up, or on their side, depending on the area being treated.
4. **Assessment:** Before administering an adjustment, the chiropractor will perform a thorough assessment, which may include physical examinations, palpation of the spine, and possibly diagnostic imaging like X-rays. This assessment helps the chiropractor identify the specific areas that require adjustment.
5. **Adjustment Procedure:** Once the problem areas are identified, the chiropractor applies manual force to the joint in question. The goal is to restore proper alignment and mobility, which can alleviate pain, improve function, and enhance overall well-being.
6. **Follow-Up Care:** After the adjustment, the chiropractor may recommend a series of follow-up appointments to monitor progress and make further adjustments as needed. They may also provide advice on

exercises, lifestyle modifications, and ergonomic improvements to support the healing process and prevent future issues.

7. **Safety**: Chiropractors who use the Diversified Technique undergo extensive training to ensure patient safety. They are skilled at identifying contraindications and adjusting their techniques accordingly. Patients should also communicate any discomfort or concerns during the treatment to ensure a safe and effective experience.
8. **Conditions Treated**: The Diversified Technique is commonly used to treat a variety of musculoskeletal conditions, including neck pain, back pain, headaches, sciatica, and joint issues in various parts of the body.

It's essential to consult with a qualified and licensed chiropractor if you are considering chiropractic care and the Diversified Technique. Chiropractic treatment should be tailored to your specific needs and be part of a comprehensive healthcare plan. Additionally, it's a good idea to discuss the treatment options and potential risks and benefits with your healthcare provider before undergoing chiropractic care.