

## **Chiropractors learn on each other**

**Question:** I have always wondered how Chiropractors learn to treat patients and if you can hurt someone trying to adjust them on your own?

**Answer:** When we are Chiropractic students we use each other as human Guinea pigs. It is definitely scary having a fellow unpracticed student attempt his or her very first adjustment on you. I personally learned how influential a proper adjustment of the spine can be after receiving one that was absolutely not appropriately administered when receiving my first student treatment. My fellow Chiropractor "wannabe" was over zealous with his powerful thrust. It didn't help that he was over 300 pounds and leaned into it. There was a loud audible release to my dorsal spine that created immediate distress. Within two hours I developed a cough and diaphragm pain that lasted a month.

There does exist something called a bad adjustment, and personally experiencing this I learned very quickly I would never give such a treatment. Amateur adjusting copycats that feel they can copy their Chiropractors adjustments on their friends, or enemies, should heed this warning. It takes knowledge, confidence, and practice - not to mention a license to perform specific Chiropractic adjustments. I suggest leaving the Chiropractic adjusting to the professionals. Chiropractors are the only doctors that are trained to perform specific, gentle, corrective adjustments to remove vertebral subluxations of your spine, allowing the expression of life and health to be experienced to its highest potential.

**Quote of the week:** "Spring is nature's way of saying 'Let's party!'" - Robin Williams