

## **Leave manipulation to the professionals**

**Question:** Is it true that spinal adjustments/manipulations can be performed by anyone?

**Answer:** Because the spinal adjustment is non-invasive, drugless, and associated with very few side effects, people assume that they can be administered by anyone. There is a forgotten step however, one of these reasons that adjustments are safe is because they are performed by well-educated and trained Doctors of Chiropractic and are performed only after a thorough examination of the patient has been done to ensure that the technique to be used isn't potentially harmful. In other words, you should NEVER ALLOW an unqualified person to adjust your spine (or any other joint). Chiropractors are educated in the mechanics of the spine and the entire body, as well as the many techniques available for manipulation. A chiropractic examination may include: palpation (examination through touch), personal health history, imaging studies, such as X-ray, computerized-tomography scans, magnetic-resonance imaging (if clinically necessary), neurological and orthopedic tests, and other diagnostic tools. Only after this examination will your Doctor of Chiropractic choose an adjustive technique that is best suited for your condition and you.

**Quote of the week:** *“A loving person lives in a loving world. A hostile person lives in a hostile world: everyone you meet is your mirror.”* - Ken Keyes Jr.