

**Rosen Chiropractic**  
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**SUBLUXATION, COMPENSATION, AND THE CHIROPRACTIC ADJUSTMENT**

The difference between a Chiropractic adjustment and having your neck or back “cracked” or “manipulated” is like the difference between the first time you kissed your sweetheart and kissing a frog. In both cases the physical action is similar but the overall experience is very different.

The intent of an adjustment is to locate or find the “subluxation,” reduce and eventually remove it, thereby normalizing your spinal system and allowing your life force or “mental impulse” to flow free of interference.

There is a very big difference between finding and adjusting the subluxation and “cracking” or manipulating” the compensation. Let’s look at what Webster has to say . . . . .

Webster’s Dictionary:

**Adjust:** to bring to a more satisfactory state: (1): settle, resolve (2): rectify. To bring the parts to a true or more effective relative position.

**Crack:** to make a very sharp explosive sound. To break, split, or snap apart.

**Manipulate:** to control or play upon by artful, unfair, or insidious means, especially to one’s own advantage. To change by artful or unfair means to serve one’s purpose.

**Compensate:** to *offset* an error, defect, or undesired *effect*. To provide with means of counteracting variation. To neutralize the *effect* of.

**Subluxation:** There are three aspects of a subluxation.

- a) The vertebra is no longer oscillating or moving through its normal range of motion.
- b) Neural tissue, (spinal cord and nerve roots) are compromised.
- c) There is an alteration of the “mental impulse.”

(Not from Webster)

**Mental Impulse:** a term used to describe the information that goes from the brain to the end tissue or cell, and back to the brain again.

(Not from Webster)

With this in mind it is obvious that “adjusting” our “subluxations” (or *cause*) is certainly preferred to “cracking” or “manipulating” our “compensations” (or *effects*.)

***SUBLUXATION VS. COMPENSATION***

Assume you were standing on the floor with only one shoe having a 2” heel on your right foot. Immediately every muscle, bone, ligament, tendon, etc. in your body would “compensate” to keep your eyes parallel to the ground. Go ahead, try it! Really! Your right knee bends, the left hip rotates high, and the spine begins to look like an “S”. The right shoulder goes high and the head tilts to the right. If you remain in this posture for any period of time your joints and muscles will begin to speak to you (via pain and discomfort) letting you know that there is something wrong, that there is imbalance throughout the system. If left this way long enough certain muscles will “grow” longer while others will shorten. Bones will begin to “remodel” or change and grow to their new stress, or new positions. You might experience knee, low back, mid-back, and/or neck pain. This pain is an important signal or alarm that lets you know there is imbalance, that something is wrong.

We could put ointment on your knee, “crack” your low back, do “therapies” to your mid-back, or “manipulate” your neck. And although it may “feel” better in the short term we would have done nothing to correct the *underlying* problem. On the other hand, we could “adjust” the *cause* of the problem and remove the shoe on the right foot. Your body would immediately begin a “process” of resetting and re-balancing every bone, muscle, ligament and tendon in your body, or its “*effects*.”

Does this mean all of your pain would immediately go away? Of course not. It simply means that *over time*, after your body re-aligned, reset, re-grew and re-balanced, there would be no need for the signal or alarm, and then there would be no *need* for pain. The pain would eventually go away.

### ***THE CHIROPRACTIC ADJUSTMENT***

The intent of a chiropractic adjustment as practiced in this office, is to help your brain and “system” become more “self-reflective,” find the tension, or defense physiology, and release the tension. This allows your entire system to re-set and function at its *optimum*. As discussed in the *CHOICES, CONSEQUENCES, AND THE POWER OF A CHIROPRACTIC ADJUSTMENT* handout, we are a “stimulus response” organism. The doctor’s contact, thrust, or applied force to your spine is the *stimulus*; the *adjustment* which is created by your body is the *response*. Never underestimate the far-reaching effects of an adjustment!

### ***BUT DOC, IT HURTS HERE!***

Just because a puppy yelps when you step on its tail doesn’t mean you need to check its mouth to fix what’s wrong. Get your foot off its tail!

By locating and adjusting your *subluxations vs. compensation*, your entire body can begin to reset, re-align and begin the healing *process*. Notice it is a healing process, not a healing *event*. By finding the *subluxation versus the compensation*, usually only a few adjustments need to be made each visit. Oftentimes the adjustment will be nowhere near the pain or symptom.

If we honor your process, listen to your body and adjust the cause versus trying to mask the symptom, we will get optimal results. If we try to do too much too fast, and try to make a compensation *feel better* vs. simply adjusting the subluxation, we will take energy and focus away from what really needs to be corrected and we will not gain any ground. (Please read *Top Priority Handout*.)

If you were trying to tune a guitar, *adjusting the subluxation* would be similar to tightening or loosening the guitar string from the tuning peg, and *manipulating a compensation* would be like pressing the string on a fret. In both cases a change is effected, but only by going to the tuning peg, or subluxation, have we made a lasting change that corrects the entire system. TRUST YOUR INNATE WISDOM! It took a sperm and an egg and here you are! That wisdom, if able to flow freely, knows just what to do in just the perfect order to bring you to optimal health.

Enjoy the Process . . . . . Enjoy the Journey . . . . . Tell a Friend . . . . .  
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