

Rosen Chiropractic
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To Adjust or Not To Adjust That is the Question

There are two distinct and important aspects of a *chiropractic adjustment*.

1. Finding and adjusting the “subluxation vs. the compensation.” (Please read the *Subluxation vs. Compensation* handout,) and
2. Knowing when *not* to adjust.

After a *chiropractic adjustment* your body will need time to process this new information, to re-integrate and to respond to the changes. We want to deliver another adjustment to your spine when it is poised and ready to make more change, *not* while it is still processing from the last visit.

In Real Estate it is location, location, location In Healing it is timing, timing, timing
If we try to force change before it’s time, we get more defense physiology.

If we honor and listen to the cues of the body and *only* adjust at the appropriate time, we get *resolution* of the old defense physiology, defense posture, and defense patterns. Knowing when *not* to adjust your spine is as important to your healing process and recovery as knowing when and how to adjust your spine. With each checkup we are looking to *only* adjust the *subluxation(s) vs. the compensations*.

As you progress through care we expect you to come in with less to adjust, and to be “still in process.”

When your spine is “still in process” it means exactly that. You are still processing the information from the last adjustment and are not ready for more input.

This is a time to celebrate! It means your system is getting better at finding the tension, dissipating that tension and correcting your health problems. This *does not* mean that you are all better, free of pain, free of symptoms, this is as good as you can expect to get, or this is all we can do for you. It *does* mean your system is still in process, your body is hard at work in the healing process, and you are most likely getting ready to reduce your weekly or monthly check-ups.

My intent is to help your system via *chiropractic adjustments*, learn to find the tension, release the tension, and reset the structure. This allows your innate wisdom and life-force to flow unbounded through every cell of your body so you can experience *optimum* health and express your greatness.

If you get *healthy* enough there *will* be times we check your spine and no adjustment is needed. The fee you pay is for a spinal check up. Honor your process. Know that part of a *chiropractic adjustment* is knowing when *not* to adjust.

Why just survive when you can *THRIVE*?



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