

Diversified Technique

Diversified technique is one of the most widely used forms of manipulation in the chiropractic field. The focus is on restoration to normal biomechanical function, and correction of subluxations. In addition, Diversified methods have been developed to adjust extremity joints, allowing for beneficial applications in treating sports and other injuries.

Diversified adjusting of the spine uses specific lines of drives for all manual thrusts, allowing for specificity in correcting mechanical distortions of the spine. X-rays and case histories are used in analysis and diagnosis. No instruments are used in the adjusting procedure. Motion palpation and full spine, hands-on techniques are used to deliver a deeper thrust, which makes an osseous (popping) sound as the adjustment is given.

Diversified adjustment procedures consist of high velocity, low amplitude thrusts that usually results in a cavitation (or popping) of a joint, which releases air and pressure from a subluxated joint. These techniques attempt to restore the normal biomechanics of the spine and extremities in order to create motion in spinal or extremity joints, with the goal of restoring function and structure to the joint.