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CHIROPRACTIC

Chiropractic Care Explained

How Adjustments Work

What to expect during your chiropractic visit and how adjustments work.

A free patient education guide from our doctors
(630) 289-2225 · freedomwellness.llc · Hoffman Estates, IL

Welcome

Chiropractic is one of the most widely used drug-free approaches to musculoskeletal health in the United States. Millions of people visit chiropractors each year for back pain, neck pain, headaches, and to stay active and mobile.

But what is actually happening during an adjustment? Why does it help? And is it right for you? This booklet breaks it all down.

What Is Chiropractic?

Chiropractic is a healthcare profession focused on diagnosing and treating disorders of the musculoskeletal system, particularly the spine, and on the relationship between that system and the nervous system. Doctors of Chiropractic complete a rigorous graduate-level program, pass national board exams, and are licensed by the state.

The core idea is simple: when your joints move well and your muscles are balanced, your body functions better and heals more efficiently.

What Is an Adjustment?

An adjustment, also called spinal manipulation, is a precise, controlled movement applied to a joint that is restricted or not moving properly. The goal is to restore normal motion, reduce muscle guarding, and calm irritated tissues.

That popping sound? It is called cavitation, a release of gas bubbles within the joint fluid, similar to cracking your knuckles. It is not bones moving out of place, and it is not required for an adjustment to be effective.

Techniques We May Use

- **Manual (diversified) adjusting:** hands-on, specific adjustments
- **Instrument-assisted adjusting:** a gentle, low-force tool for precise input
- **Drop-table techniques:** a table section drops slightly to assist the adjustment
- **Spinal decompression:** gentle traction to reduce pressure on discs and nerves
- **Soft tissue therapy:** to release tight muscles and fascia
- **Corrective exercises:** to help maintain improvements between visits

Your doctor will choose techniques based on your condition, age, comfort level, and preferences.

What Conditions Do We Commonly Help?

- Low back pain and sciatica
- Neck pain and stiffness

- Tension-type and cervicogenic headaches
- Shoulder, hip, and joint mobility issues
- Postural strain from desk work
- Sports and auto accident injuries

Is Chiropractic Safe?

Chiropractic care is considered a safe, conservative approach for most people when performed by a licensed professional. The most common side effects are mild soreness or stiffness for a day or two, much like after exercise.

A thorough history and exam before any treatment helps identify the rare situations where adjustments should be modified or avoided. If you have osteoporosis, a recent fracture, or certain vascular conditions, tell your doctor; we will adapt your care or refer you as needed.

Relief Is Just the Beginning

Feeling better and being better are not always the same thing. Pain often fades before function is fully restored, which is why we focus on both.

Get the Most From Every Visit

- ☐ Arrive a few minutes early to relax
- ☐ Tell us about any changes since last visit
- ☐ Do your home exercises consistently
- ☐ Drink water and stay active after adjustments
- ☐ Ask questions; we love them
- ☐ Keep your scheduled visits, especially early in care

Common Questions

How many visits will I need?

It depends on your condition and goals. We will give you a clear estimate after your exam.

Do I have to keep coming forever?

No. Many patients choose ongoing wellness visits because they like how they feel, but it is always your choice.

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YOUR NEXT STEP

Let's get you feeling your best again.

Curious whether chiropractic is right for you? Call (630) 289-2225 to schedule your consultation.

Book Now: (630) 289-2225

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VISIT US

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OFFICE HOURS

Tue & Thu: 8am-12pm, 3pm-6pm
Wed: 3pm-6pm
Sat: 8am-12pm
Fri: By appointment only
Mon & Sun: Closed

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