

Top 10 Benefits of Instrument Adjusting

by Christopher J. Colloca, D.C.

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Neuromechanical
INNOVATIONS



Here are the top ten reasons you should incorporate Instrument adjusting into your practice.

#10. Mechanical Advantage — Adjusting instruments were developed to provide a mechanical advantage for more efficient chiropractic adjustments. Biomechanically speaking, adjustments are delivered to move the bones of the spine. *If there were a way to move vertebra the same amount as manually, but with less force, would you be interested?*

Newton's Second Law is force equals mass times acceleration. Adjusting instruments take advantage of the acceleration part of the equation in providing large accelerations with a substantially smaller mass. In contrast, to achieve force, manual adjustments require the use of more mass (weight) due to our physical limitations in achieving accelerations. Increasing the speed component of chiropractic thrusts has been found to be associated with the elicitation of neuromuscular reflexes thought to be related to the mechanisms underlying successful treatments. **Instrument adjustment speed also allows you to deliver the thrust faster than the patient's natural tendency to tighten up and resist the adjustment.**

Stress is another consideration among the mechanical advantages of instrument adjusting. In continuum mechanics, stress is a measure of the average amount of force exerted per unit area, where stress equals force divided by area. When we contact the spine with our hand, the surface area over which the force is produced is relatively large compared to the stylus of an adjusting instrument. Adjusting instruments achieve an appreciable stress to the spine, while keeping forces relatively low due to their small contact area with the patient. By having such a small surface area contact, **less force is required to achieve the same stresses that are imparted to the spine with manual adjustments.** Appreciating the concept of stress together with the understanding of the high accelerations achieved with instrument adjusting, it's easy to understand how studies have shown that the same amount of intersegmental bone movement can be achieved with instrument adjusting as manual techniques.

#9. Safety — Chiropractic adjustments are extremely safe. Still, there are instances where you may have a concern of manually adjusting a particular patient. You may not want to provide higher forces of manual adjustments to an elderly patient with osteoporosis. Maybe you don't want to impart rotatory cervical spine adjustments to a patient with dizziness or signs of cerebrovascular disease. Low force instrument adjusting techniques can be delivered in the prone neutral position, thus enabling you to **administer care with peace of mind in situations where you may otherwise feel uncomfortable applying manual techniques.**

#8. Easy Incorporation into Your Existing Technique — The National Board survey cited above also revealed that the average chiropractor uses about five different chiropractic techniques in combination in their practice. Instrument adjusting can be easily incorporated into your existing technique. You may want to adjust the upper cervical spine and TMJ of a headache patient with an instrument, yet perform manual methods on their thoracic and lumbar spine.

#7. Evidence-Based Care — Studies have found instrument adjusting to be equivalent to manual adjusting techniques. In a number of clinical trials, instrument adjusting fared just as well as manual adjusting in reducing pain and improving function in pain patients seeking chiropractic care. Ongoing research into the basic science and clinical study of instrument adjusting has quantified vertebral motions, electromyographic responses, and neurophysiological responses associated with instrument adjusting.

#6. Increase Your Range of Patients— Instrument adjusting allows you to care for a broader range of patients. **The low force setting makes adjustments easier to provide pediatric adjusting, as well as provides a quick and effective method to manage children.**

#5. Expand Your Range of Services— Not treating plantar fasciitis in patients' feet? Avoiding concentrating on the spine and extremity adjusting, patients with anterior rib pain, TMJ dysfunction, shoulder problems, etc.? **Incorporating instrument adjusting into your practice allows you to care for a broader range of conditions and will create a buzz among your patients!**

#4. Add Technology to Your Practice — Adding instrument adjusting to your practice gives your practice a feeling of technology in this technological age. Explain to your patients that the adjusting instrument you are about to use is not only much faster than you can adjust them manually with your hands, but also that you can target just the right areas specifically with the tip of the stylus. **Your patients will be impressed with your choice to stay current with the times by adding technology to help them heal!**

#3. Easier on Your Patient — Because of the extreme speed and lower forces generated with instrument adjusting, the adjustments are easier on the patient. This equates with less side effects, such as muscle soreness, and increased pain during or after treatment. **Adjustments that are easier on the patient increase patient satisfaction, compliance and patients' willingness to refer others.**

#2. Speed up Your Adjusting Time — If we could achieve the same or better clinical results while speeding up your patient treatment time, you would be more efficient with both yours and your patient's time. Instrument adjusting, when done properly, is fast and effective. **Care for more patients each day in less time.**

#1. Easier on You — **Instrument adjusting may prolong your practice career.** Instrument adjusting is easier on you, and with the new technology, you can stop beating yourself up. Not only are instrument delivered adjustments usually performed with the table in a higher position, allowing you to stand up instead of bend over, you also don't need to generate high forces with your own body, since the instrument does the work for you. **Decrease the risk of injuring yourself and prolong your practice career with instrument adjusting.**