Choosing a Chiropractic Technique Checklist

This checklist helps the reader discuss suitable chiropractic techniques with their chiropractor.

- [ ] Ask your chiropractor which technique suits your condition, since there is no single best technique for everyone.
- [ ] Ask about the Activator Method if you need gentler adjustments, such as during pregnancy or with arthritis.
- [ ] Ask about flexion distraction for disc injuries, recent injuries or sensitivity to other treatments.
- [ ] Ask about spinal decompression for lower back pain from bulging, herniated, degenerated or slipped discs.
- [ ] Ask about the Webster Technique for pelvic girdle pain during pregnancy.
- [ ] Tell your chiropractor about severe osteoporosis or arthritis, since some adjustments may not be safe.
- [ ] Watch for common side effects such as increased pain, stiffness or headaches after treatment.
- [ ] Ask whether regular exercise could help address the root issue.

Notes

For general education only. Not a substitute for professional medical advice.
Read the full article: https://healthhorizonguide.com/chiropractic/chiropractic-techniques-to-reduce-body-pain/