



Dr. Joshua DeGood DC uses a number of highly-effective adjusting approaches to help improve spinal biomechanics and reduce nervous system interference. The Chiropractic treatment that we decide to use is based on our clinical judgment of your condition and years of experience.

Diversified Technique

At Heartland Spinal Health and Wellness Center, we use Chiropractic adjusting style commonly referred to as “Diversified.”

First, an analysis of your spine is performed. This can initially involve a case history and X-ray pictures of your spine. A special hand arrangement called a “pisiform contact” is used to deliver a specific thrust at the right place and the right time. Subsequent visits may include motion palpation, with the chiropractor feeling the spinal joints move as you turn and bend. Or, a leg check may be performed, to uncover an imbalance in the neck or lower spine. With the malposition of one or more spinal bones identified, a specific manual thrust is administered. The direction, speed, depth and angle that are used is the result of years of experience, practice and a thorough understanding of spinal mechanics.

The energy delivered during the thrust may produce a slight “popping” sound from the shifting of gas and fluids in the joint. This sound may be interesting, but is not a guide as to the value or effectiveness of the adjustment. While improving spinal biomechanics can reduce nervous system interferences, virtually all joints of the body can be adjusted to help restore proper range of motion.

Activator Methods®

We use one of the most popular “low force” chiropractic techniques in the world.

First the Evaluation:

We begin by analyzing how well your spine moves. We test how well you turn and bend. While you’re lying face down, we’ll evaluate the length of your legs. This simple procedure can reveal significant differences in leg lengths. [Click here to try a simple leg-length home test.](#) This time-tested protocol tells us if vertebral subluxation complexes exist and their location. It also helps us know when to adjust and when not to adjust.

The Adjusting Instrument:

The Activator Methods® Adjusting Instrument is a handheld spring-loaded tool that delivers a consistent low-force, high-speed thrust. The hand-held instrument delivers a precise, repeatable force at just the right angle. Because it’s many times faster than adjustments delivered by hand, the body rarely tightens to resist, making adjustments comfortable and effective. It’s also helpful for adjusting elbows, wrists, knees and other joints of the body.

The Follow Up:

After your adjustment, we retest to make sure changes have been produced. Testing afterwards helps us deliver high-quality care and high levels of patient satisfaction.

Cox Flexion Distraction

If you’re suffering from back, neck or leg pain, your chiropractor may use a number of different techniques to locate the root cause and release tension or pressure in the affected area. The Cox Flexion Distraction Technique, also known as the Cox Technic, is a non-surgical spinal adjustment technique that helps to stop pain immediately by realigning the spine.

This technique also restores range of motion in the joints and muscles, thereby increasing flexibility and improving your posture. Here’s a close look at how the Cox Flexion Distraction treatment works, and how what key

benefits you can look forward to when you are undergoing this chiropractic treatment:

The Cox Flexion Distraction Technique is most appropriate for resolving mid and lower back pain, sciatica, hip pain, neck pain and shoulder pain, and reducing the effects of whiplash.

Other key benefits of this treatment include:

- *Improved range of motion in the feet, toes, shoulders and arms
- *Reduction of headaches or migraines
- *Improved posture after only a few treatments
- *May be covered by some insurance plans
- *Brief, painless treatments; may be suitable for people who cannot tolerate pain
- *Restores vertebral joints for better functioning
- *Increases circulation and improves nerve communications
- *Reduces pregnancy back pain
- *Affects subluxation of the spine
- *May be used to treat neurological diseases including cerebral palsy, stroke and *multiple sclerosis.

Thompson Terminal Point Technique

The Thompson Technique is another method of adjustment that involves analyzing the length of the legs. This technique uses a 'drop table' for adjustment, where a gentle thrust is applied to the joints, which in turn, sets the drop piece into motion and targets the specific joint or tissue. After completing a leg check analysis, your chiropractor will determine the type of misalignment – cervical, pelvic, etc,- and then adjusts the legs using a combination of multiple thrusts on various joints.