

What is the Activator Method Chiropractic Technique?

The Activator Method Chiropractic Technique is a **gentle, low-force approach** to chiropractic care. Used safely on patients of all ages since the late 1960s, it brings relief for a variety of health concerns.

Incorporating the latest advances in orthopedic, neurological and chiropractic examinations, this unique system of administering spinal adjustments using research-based analysis and the Activator Adjusting Instruments can help **restore spinal balance safely and comfortably**.

Because of its effectiveness and gentle nature, the Activator Method has grown to become **the world's most widely used instrument adjusting technique**.

How does the Activator Method work?

Restoring spinal balance safely and successfully has been the driving force behind the Activator Method Chiropractic Technique.

Your Doctor uses specific protocols to detect spinal joint dysfunction, analyze leg length inequality, identify issues with body mechanics and test neurological reflexes. By evaluating the results, an Activator doctor can initiate the process of restoring spinal balance in the patient.



Approved Activator Instruments

The unique hand-held Activator instruments have been **studied extensively** with results published in hundreds of peer-reviewed research papers, and was designed to give patients a specific and gentle adjustment.

The Activator provides a controlled, fast thrust that is **comfortable for the patient**. In fact, adjustments with the Activator are so quick and measured, the body's muscles are less likely to resist, allowing for a more precise and accurate adjustment.

Is the Activator Method right for you?

Patients of **all ages can enjoy the benefits of an Activator adjustment**. The technique is especially helpful for children who sometimes have trouble lying still. The Activator adjustment is so quick and comfortable, children often look forward to their next visit!

The Activator Method is an **especially good choice for older patients**, or those with arthritis, osteoporosis or other bone-weakening conditions. The low-force thrust of the Activator Adjusting Instrument, along with the doctor's **ability to pinpoint the exact location of the problem** can relieve a patient's pain **without added discomfort**.



THE ONLY INSTRUMENT ADJUSTING TECHNIQUE TAUGHT IN CHIROPRACTIC COLLEGES AND UNIVERSITIES WORLDWIDE

Make the Activator Method part of your healthy lifestyle!

Our practice is pleased to bring you the benefits of the Activator Method Chiropractic Technique.

Though some believe chiropractic care is intended only to relieve back and neck pain, it actually does much more. **A wide variety of health problems stem from spinal imbalance and dysfunction**. Everyday living, stress and old injuries can cause vertebrae to lose their proper position or motion, irritating your nervous system, causing pain and nerve interference throughout the body.

By restoring spinal balance, chiropractic care **aids the body in healing itself**. We believe the Activator Method's safe, effective and gentle low-force adjustments are the **very best way to accomplish this goal**.

