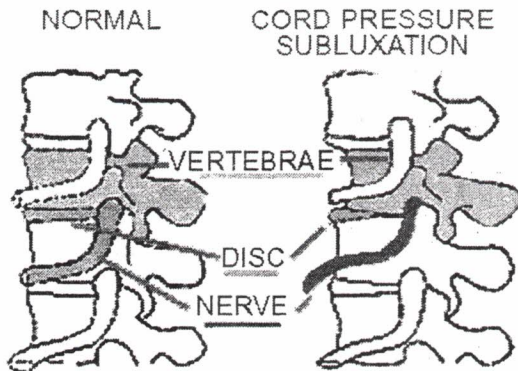


TORQUE RELEASE TECHNIQUE "INTEGRATOR"

Chiropractors deal with nervous irritation or nerve interference. The name we give to this phenomenon is called a **SUBLUXATION**. A subluxation is a misalignment problem in the spine where abnormal position of the vertebrae disturbs communication of the nervous system, causing a disturbance in the body. Research into chiropractic over the past 100 years has shown that there is in fact two different types of subluxation that can occur within everyone's nervous system.



The first of these is called CORD PRESSURE.

This is the one that everyone already associates with chiropractic. This is the age old theory that one or more of the bones in your spine, called vertebrae, has moved out of alignment with those around it, and in doing so is either 'pinching' or causing some form of irritation to the adjacent nerve.

Modern research has shown that this form of subluxation is only responsible for about 20% of all nervous system irritation.

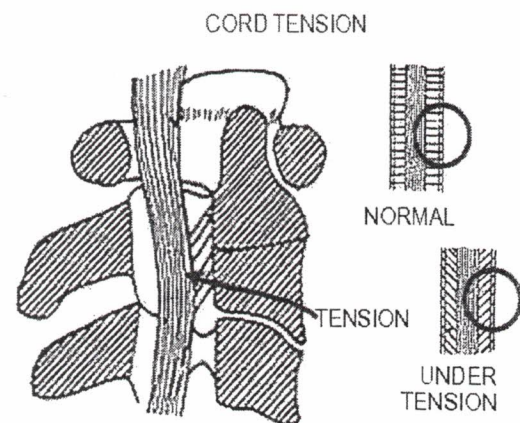
The second type of subluxation is due to CORD TENSION or TONE.

Your spinal cord is encased within your spinal column. Between your spinal cord and column there are three protective layers of tissue known as the 'meninges'. The most important of these is called the DURA. The dura layer is similar to how a shirt fits over your torso. It sits pretty much that close to your spinal cord but isn't actually attached directly to your spinal cord.

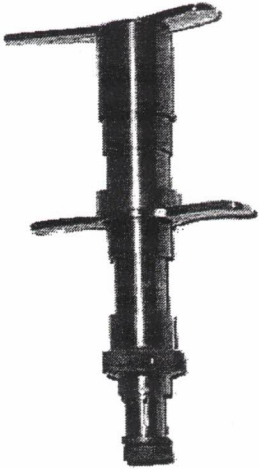
In fact the dura doesn't have many attachments at all. It is joined at the top end of the spinal column to the skull and to a couple of vertebrae in your neck. At the bottom of the spine it attaches to the pelvic and coccyx. The rest of the time it just hangs there. A good way of thinking about it is similar to how a guitar string is attached at both ends but not in the middle.

If for some reason the dura gets twisted or tightens up at one of it's attachments it can effect the whole nervous system causing a domino-like effect on the whole spine.

CORD TENSION or TONE is responsible for 80% of the subluxations that occur within your body.



The whole idea behind the TORQUE RELEASE TECHNIQUE is to find these cord tone subluxations and correct them. By doing so, we stop the whole domino-effect that seems to occur through out most patients' spines.



The really exciting part is that it will stop your body from falling into a pattern by progressively reducing blockages and tension within the whole spinal system. This in turn will increase your overall health and help you perform better.

TORQUE RELEASE utilizes a hand-held chiropractic adjusting instrument called the INTEGRATOR. It is a torque and recoil release adjusting instrument. The instrument automatically discharges when a certain amount of pressure is applied to its tip. This may not sound like a big deal but it allows for true reproducibility between chiropractors, because each adjustment is administered in exactly the same way. The release of the instrument also signals to the chiropractor and patient that a specific adjustment has been delivered.

SOME INTERESTING FACTS ABOUT THE INTEGRATOR...

- ❖ It incorporates the latest refinements available in chiropractic care.
- ❖ It is a non-manipulative adjustment. A light thrust is applied through the hand held instrument.
- ❖ After each adjustment, the body is given time to process the corrective input.
- ❖ Correction doesn't stop when you get up off the table, but continues with your body's movement and breathing.
- ❖ The process enables your body to make more corrections and healing with ongoing care rather than getting stuck in a pattern.
- ❖ Integration of adjustments is more complete, and healing experiences are deeper in all areas of body, mind and emotion.
- ❖ The integrator was invented by Dr. Jay Holder, D.C., in 1998.