

What is the Activator Method Chiropractic Technique?



The Activator 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.

How does the Activator Method work?

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

The unique hand-held instrument has *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 laying 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*.



Make the Activator Method a part of your healthy lifestyle!

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*.

EXPERIENCE THE BENEFITS OF THE ACTIVATOR METHOD

Do you or someone you know suffer from the following common conditions?

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|---------------|------------------------|
| Neck pain | Knee pain |
| Low back pain | Sciatica |
| Whiplash | Disc problems |
| Headaches | Carpal tunnel syndrome |
| Shoulder pain | Sacro-iliac pain |

