Finishing the Adjustment

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The material presented here is from the speaker.

We Are Reflex Beings

- The health of our system is based on our environment.
- Our sensory network is what governs our bodies.
- Our autonomic nervous system orchestrates our health.

Subluxation

- Defined: Less than a dislocation
- When movement of a joint becomes excessive, the increased stimulus sends overwhelming signals to the brain impairing our sensory systems first.
- Distress continues ... increases catabolic rate ... system wears down.
- Vitality of patient depends upon history of trauma (micro/macro), time of insult(s).



Our Job

- Know when patient should and should NOT be adjusted
- Normalize their distortion
- When do you stop?



Mechanisms to be DONE

- 1. Vasomotor reactions (body has reached metabolic tolerance)
- 2. Normal subluxation patterns
- 3. Cleared category indicators

Why It's Important

Maintain homeostasis

✓Balance Neuro-Endocrine-Immune systems

Hypothalamic-Pituitary = Adrenal, Gonadal, Thyroid, Neurohypophyseal (posterior pituitary)

Balanced Spiritual - Mental - Physical state

Vasomotor System

Receptors that regulate vasomotor reactions:

- Baroreceptors
- Stretch receptors
- Chemoreceptors
- Pain receptors
- Thermal receptors
- Sensory receptors

Ischemia vs. Hyperemia

Patients who are <u>ischemic</u> (lack of blood) - The muscle becomes tight & blood vessels constrict. This results in increased pain.

Patients who suffer from <u>hyperemia</u> (too much blood) will often be very pain resistant.

Clinical Pearl: Muscle Tightness

Ischemic Muscles will be tender to touch

Light touch therapy is preferred



Hyperemic Muscles will be non-tender to touch

Deep pressure therapy is preferred

Blanching



Blanching is the result of an exhausted vasomotor system unable to sustain adequate blood supply. In this case it is to the CN 5, trigeminal nn.

Blanching





Normal Pattern

Normal Subluxation Pattern



Normal Subluxation Pattern



Speaking with Major https://sotinfo.wordpress.com

- DeJarnette's Working Laws of Health:
- 1. After the primary lesion, everything the body does is defensive in nature.
- No part of the body can be understood except in relation to the whole.

There are more...





The most important principle is to honor the WINDOW OF TREATMENT OPPORTUNITY by correcting only what is indicated and to do so with the least amount of force required. ~ M.B. DeJarnette

Postural Check while Patient is Supine

- Have them lift their hands over their heads like you are checking for psoas muscle tension.
- Give a slight shrug (no more than 5 lbs. of pressure) simultaneously to both arms.
- Move to the patient's right side (if you are right eye dominant).
- Place your thumbs under the anterior superior iliac spine (ASIS) on both sides. (check level)
- Go to the foot of the table, grasp the internal malleoli & check the level between left and right feet.



Supine Procedure







Supine Procedure





Cleared Category

- > 50% reduction in symptoms or tissue tension
- Confirm 80% of Category indicators clear



Other Marks of Improvement

- Better range of motion of joint / area involved
- Better breathing rate
 - Slower
 - Fuller
 - Belly / Abdominal

Questions? Comments? Further discussion?