

# Why wont the adjustment hold after one visit?



Wellness First Chiropractic

Adjustments need to be precise. If they are not, the adjustment will not hold.

Focus on precision.

At Wellness First Chiropractic we understand that precision is everything. Because the adjustments are literally designed to each individual patient, we can get away with much less of it. There will be many days when the adjustment has held and the bones of neck are exactly where we want them to be. We do not adjust a patient solely on the basis of how they feel. The test we do on a regular basis will let us know if a Blair adjustment is needed.

The Blair chiropractic technique is a specific system of analyzing and adjusting the upper cervical vertebrae of the spinal column. These vertebrae misalign in a way that they interfere with the brainstem and spinal cord as they exit through the floor of the skull and into the neural canal. Special attention is given to



the first two cervical vertebrae, the atlas and axis, as they are the most freely moveable vertebrae in the spinal column and the most commonly misaligned.

The purpose of the Blair Chiropractic technique is not to diagnose or treat diseases or conditions, but to analyze and correct vertebral subluxations in an accurate, precise and specific manner to allow the body's intelligence, to mend, repair, and maintain health from within.

The Blair technique utilizes neurological tests, heat sensi-

tive instrumentation, and other means for detecting when the vertebral subluxation is present or absent. The adjustment is administered only when nerve pressure is present. The Blair technique utilizes precise x-rays of the upper cervical area to determine which way the vertebrae has misaligned so that a precise and specific adjustment may be tailored and administered to that individual.

When the adjustment is precise, it results in a favorable condition for the adjustment to hold.

## How long has the problem been there?

If the subluxation has gone uncorrected for a period of time it could take some time for it to retrace back to health. It usually doesn't take a lot of time for a person to feel better, but it does take some time for the structure to become sound again.

There are a couple of different things that we are battling during treatment. Muscle memory and scar tissue can sometimes slow things down.

If the vertebrae shifts back out of place, we are right there to adjust it back to

where it is suppose to be.

The adjustments are designed to break up the soft tissue adhesions as well as restore joint function so that the muscles can relax and the nerves can be unimpeded.

### Points of Interest

- *The Blair Technique is precise and gives the patient the best chance of holding an adjustment.*
- *We utilize neurological test, thermographic instrumentation, as well as other means for knowing if the vertebral subluxation is present.*
- *Precise 3D x-rays determine, with no uncertainty, the exact position of the misaligned vertebrae.*
- *Scar tissue and muscle memory can have an effect on how well people hold an adjustment.*
- *We give the special attention needed to the upper cervical area so that the entire body can respond.*