

# APPENDIX

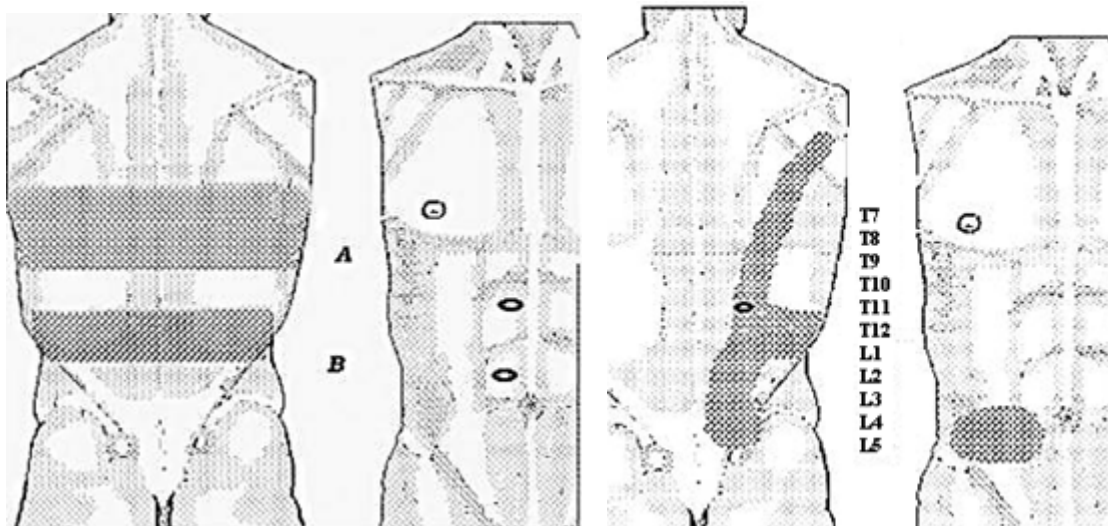
## SPINAL MANIPULATION

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Whether it's called chiropractic manipulative therapy, a grade five mobilization, or whatever, it's all the same thing essentially. Vertebral joints in the spine are being moved. This is a skill that takes training and time to master, and really will require much more than a chapter to explain. However, there are soft tissue techniques which, when utilized, can make spinal manipulation much more effective.

The major difficulty when dealing with spinal manipulation is tight paraspinal muscles. They can make the manipulation much more difficult, as well as cause a pull on the joint, making the manipulation ineffective by pulling the joint out of alignment after the manipulation. There are several main causes for this condition. One is simply inflammation over the muscles and the joint. Using treatments outlined previously, then following them with the manipulation is generally much more effective than simple manipulation alone.

Another cause of tightness can be trigger points. Trigger points located in both the back and the abdominals can be a cause for this.



For example, here are the middle and lower rectus abdominis trigger point sites, which refer pain to the middle and lower back. This can cause those muscles to tighten. Also, above is a longissimus trigger point, which refers pain along the spine, and can also cause the paraspinal muscles to tighten. Treatment of the point before manipulation often relieves this problem.

Finally, the muscles may simply be tight from posture imbalance or any other non-inflammatory condition. Here, using electrical stimulation on a medium frequency surged (10 seconds on, 10 seconds off) setting or something similar will cause the muscles to relax, allowing for an easier and more effective manipulation.

These concepts can be applied to any joint within the body, though vertebral segments seem to be among the most commonly in need of manipulation. But the general concept is to check for tightness, either from inflammation, trigger points, or any other cause, relax the tightness, and then manipulate.