

Chiropractic Glossary

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- Adjustment: A specific directional thrust maneuver or application of forces applied to a subluxated vertebra that sets the vertebra into motion with the intent to reduce and/or correct the vertebral misalignment, thus improving the neurological component of the vertebral subluxation complex along with vivification of the affected tissues and body functions.
- Coccyx: The lowest segment of the vertebral column, comprised of three to five rudimentary vertebrae.
- Cervical spine: The upper spinal area, consisting of seven vertebrae, C1, C2, C3, C4, C5, C6, and C7.
- Chiropractic: Chiropractic is a health care discipline which emphasizes the inherent recuperative powers of the body to heal itself without the use of drugs or surgery.

The practice of chiropractic focuses on the relationship between structure (primarily the spine) and function (as coordinated by the nervous system) and how that relationship affects the preservation and restoration of health.

Of primary concern to the doctor of chiropractic are abnormalities of structure or function of the vertebral column known clinically as the vertebral subluxation complex. The subluxation complex includes any alteration of the biomechanical and physiological dynamics of contiguous spinal structures which can cause neuronal disturbances.

- Chiropractic adjustment: This term refers to a wide variety of specific manual interventions that may be high or low velocity; short or long lever; high or low amplitude; with or without recoil.

Chiropractic adjustments are directed at specific anatomical regions of the vertebral spine. The purpose of the Chiropractic adjustment is to correct vertebral subluxations which can cause alteration of the biomechanical and physiological dynamics of contiguous spinal structures and manifest neuronal disturbances.

- Chiropractic Analysis: A chiropractic analysis is performed on a routine basis to determine the patient's need for spinal adjustments. A chiropractic analysis may include (but certainly is not limited to) two or more of the following procedures: instrumentation (skin temperature differential analysis), chiropractic x-ray analysis, spinal static and motion palpation, postural analysis, leg-length comparison tests, muscle strength measures, and other chiropractic analysis procedures.
- Chiropractic Assessment: The process of integrating the clinical analysis to determine the best mode to address and monitor the correction of vertebral subluxation and other malpositioned articulations and structures. Specifically it is the integrating of history with physical, imaging and instrumentation examinations.
- Chiropractic Care: This term refers to the behaviors, methods, procedures, etc., that chiropractic practitioners employ in the case-management of patients.
- Chiropractic Diagnosis: Such clinical processes as are necessary in the professional judgment of the attending doctor of chiropractic to determine the need for care and, in particular, to detect the presence, location and nature of chiropractic lesions (subluxation and attendant biomechanical, biochemical, structural and neurophysiological problems, etc.) and prepare and administer an appropriate course of care within the realm of chiropractic.
- Chiropractic Practice Objective: The primary professional practice objective of chiropractic is to reduce or correct vertebral subluxations and other malpositioned articulations and structures in a safe and effective manner.
- Drugless profession: Chiropractic is a drugless health care profession. Doctors of Chiropractic do not prescribe or issue drugs to their patients.
- Health: This is a state of optimal physical, mental and social well-being, not merely the absence of disease or infirmity.
- Joint fixation: Diminished movement within a joint space.
- Lumbar spine: The lower spine area consisting of five vertebrae, L1, L2, L3, L4, L5, and sometimes the anomaly L6.
- Manipulation: A non-specific manual procedure that involves a directed thrust to move a joint past its physiological range of motion.
- Sacrum: The triangular shaped bone located just below the lowest lumbar vertebrae (L5), formed usually by five fused vertebrae (sacral vertebrae) that are wedged dorsally between the left and right ilia.
- Subluxation: : A complex of functional and/or structural and/or pathological articular changes that compromise neutral integrity and may influence organ system function and general health. A subluxation is evaluated, diagnosed, and managed through the use of chiropractic procedures based on the best available rational and empirical evidence.
- Symptom(s): Subjective evidence of a patient's condition, such evidence as perceived by the patient.
- Thoracic Spine: The mid spine, consisting of twelve vertebrae, T1, T2, T3, T4, T5, T6, T7, T8, T9, T10, T11, and T12 .
- Wellness: The relationships between health, regular physical activity, and physical fitness as it applies to Chiropractic philosophy.