

Logan Basic Chiropractic Technique

Day and night we are all bombarded by stress...

The stress may come from a traumatic blow such as an automobile accident, allergic reaction, surgical trauma, emotional upset, from severe exposure to heat or cold, or from more insidious causes such as malnutrition or sleep deprivation or sustained periods of overwork.

So long as our bodies can cope with this stress, we all continue to adapt to life's challenges and live within what we call the body's "elastic limits," called that because the human body is like a rubber band, free and pliable, and able to tolerate an often surprising degree of loads and stresses. However, if any of these stressors prove to be too strong or prolonged for the body to absorb, we exceed these elastic limits, and the rubber band stretches too far and breaks. When this occurs, we have moved from simple stress to what we call "strain."

Strain manifests as muscle tension: muscles that are unable to fully relax after use and remain in a state of fatigue. Tense and tight muscles limit the bloodstream's capacity to carry away the waste products that have accumulated in the tissue as a result of metabolism. These "fatigue poisons" (as they are known) that are left behind are stored in the muscle tissue where

they cause pain. Ultimately, tight muscles will pull the spine out of alignment which can result in neck, shoulder and low back pains.

Logan Basic Chiropractic Technique treats the muscles that control spinal balance in order to release this tension. The proper leverage, applied ever so lightly at the right spot, will cause the entire spine to move towards balance. This method is similar in principle to that used to change a flat tire. The proper leverage of a car jack will allow a comparatively small person to elevate a heavy car right off the ground.

Before treatment begins, the doctor analyzes the patient's spine while he or she stands in front of a plumb line. Further examination may also be made with the patient lying face up and/or face down on the table. Then, with the patient lying face down, the doctor places a very light pressure on a pre-determined "leverage spot" on the sacral bone in the low back, employing the same principle described in using a car jack. This spot is held for 10 to 15 minutes while the doctor lightly rubs the back muscles with his other hand, coaxing them to release tension.

In the science of physiology, there is a theorem (known as Starling's Law) which states that very light pressure is effective because a minimal stimulus gets the maximum response. Experience has shown

that strong pressures on the muscle often cause the body to tighten to protect itself, but a light pressure generally produces a deep relaxation.

Basic Technique treatment, in this gentle but powerful manner, causes a release of deep muscle tension. Fatigue poisons are then immediately eliminated and the effects of strain are reduced in the body. A more flexible and elastic tone is restored to the total body, and with that, the body's own self-healing mechanism is awakened.

The number of treatments needed to break the stress/strain cycle is different for each person, because each person's medical history and physical makeup are necessarily different. Treatment determination will depend upon the patient's age, the nature of the disorder, the length of time it has been there, and most importantly, the individual's responsiveness to treatment.

All healing is truly self-healing, but a body in deep strain often cannot garner the forces to restore well-being on its own. It is then that an inter-vention such as Basic Technique can be employed to reduce strain significantly and engage the body's own self-healing energies.

Basic Technique methods are safe for young and old alike. Be assured that Logan Basic Chiropractic Technique is one of the gentlest chiropractic techniques ever used, and one of the most potent.

Neurovascular Dynamics

Vitality

There are two key systems that work in unison to control the body's welfare. One is your blood capillary system, by which your blood supplies nourishment to every cell, and the other is your Autonomic Nervous System, which manages the delivery process.

Equilibrium

Health is based on maintaining equilibrium within the body by promoting the normal life processes of the cells. Optimum health requires the blood capillary system, facilitated by the Autonomic Nervous System, to deliver food and oxygen to the cells unobstructed.

If there is any interference with normal capillary circulation, the cells don't receive the required nutrition. And if that happens, the waste products of cell metabolism accumulate around the cell due to lack of fluid movement. In injury or illness, the cells cannot function normally until normal blood fluid movement is established and maintained. But it's at this point that the Autonomic Nervous System sends an alert to seek help.

Restoration

The individual has no conscious control over the Autonomic Nervous System. It is silent when the body is healthy. However, when the autonomic nerves are disturbed in a gland or organ, they will signal their distress to the body's surface as pain.

Specific areas of such pain reflect which internal organs are not getting proper nerve and blood supply. When an organ is disturbed, certain areas on the skin become sore or painful indicating a blockage of nerve and blood circulation. It has been found that gentle manual stimulation of certain of these areas can promote blood flow and bring relief and healing.

Neurovascular Dynamics

Over 26 contact (or reflex) points have been mapped for this system, known as Neurovascular Dynamics.* By the manual stimulation of these points, we are able to restore blood fluid movement to the organs and muscles for a more normal function. Stimulation is accomplished by mild hand pressure on different reflex points. The patient

feels no discomfort while under treatment, but rather a deep relaxation.

The immediate effect of treatment is dilation of minute blood vessels located within the organs supplying the necessary oxygen and nutrient material. Once this is achieved, health improves and the patient's symptoms are alleviated.

The number of treatments necessary to experience enhanced health depends on each patient's medical history, organ function and individual reactions.

Neurovascular Dynamics has had good success with many functional internal disorders as well as difficult neck and back conditions that have not responded to standard medical or chiropractic methods. For individuals with difficult health challenges, do not assume you have done all you can for your health until you have explored Neurovascular Dynamics.

*Formerly known as Bennett Reflex or Autonomic Nerve Control, Neurovascular Dynamics was developed by Dr. Terrance Bennett, D.C. in the 1930's, who mapped the 26 contact points used in its application.

I acknowledge that I have received a copy of the *Logan Basic Technique* and *Neurovascular Dynamics* summaries and understand that these are covered in the **Consent to Treat** form I sign.

Date

Date

Patient Name

Witness Name

Signature

Signature

Signature of Parent or Guardian (if a Minor)