Graph

Know the Risks of Serious Side Effects/Death Associated With Musculoskeletal Pain for Treatments with Musculoskeletal Pain

**Spike**

**Cervical Spine (Neck) Surgery**

**Use of NSAIDs/Aspirins**

**Prescription Opioid Medications**

**Chiropractic Adjustment**

**Total** 69,106

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Acute Locked-Back Syndrome

The pelvic drop piece of a hi-lo table. There may be several ways to adjust the patient with locked-back syndrome. Following is a method which directly addresses the closed wedge.

To make a modified scissor stance (facing the scapula on the opposite side of the side of involvement). Use the thumb of the superior hand to take a firm I-S tissue pull until the ball of the thumb is snugged up firmly against the interior articular process of the segment to be adjusted.

Keep in mind that the subcutaneous and paraspinal muscles can be rigidly contracted with locked-back syndrome, and it will require diligence to locate the best segmental contact point.

Place the fleshy pisiform of the inferior hand over the nail of the thumb contact. Apply a brisk P-A thrust into the inferior articular process, using enough force to trigger release of the drop mechanism with the intent of driving the process up the inclined plane of the facet. Keep in mind that lumbar facets are typically oriented sagittally, so the P-A component of the thrust is the main operator.

Because paraspinal muscles and periarticular soft tissue are likely to be distended, warm the patient that the adjustment could cause transient irritation. Post-checks immediately following the adjustment may yield little useful information. Assessment of the outcome of care is best conducted with a follow-up visit.

**REFERENCES**


**Dr. Howard Petterson**, a 1976 graduate of Logan, is an associate professor of technique at Palmer College. He was the senior editor of *Activator Methods Chiropractic Technique* – College Edition (1989), and published *Pelic Drop Table Adjusting Technique* in 1999. His most recent publication, written with Dr. Green, is How to Find a Subluxation (2003).

**Dr. J.R. Green**, a 1988 graduate of Palmer, retired from the Palmer faculty after years of teaching basic sciences and chiropractic technique. He now private practice in Galva, Ill. Dr. Green was one of the writers of *Activator Methods Chiropractic Technique* (1997) and also worked as a technical writing consultant on *Activator Methods Chiropractic Technique* – College Edition and Pelvic Drop Table Adjusting Technique.