

YES,
There
Really
Are

10 more great techniques

4th Annual Edition

Considering the overwhelming response and support we receive every year from this feature, clearly you love your techniques! So to give you more to work with, once again, we turn your attention to technique.

This is the fourth in an annual series of technique features presented by *The American Chiropractor*. For your reference, below are alphabetized lists of the techniques highlighted in previous years.

2001: Volume 23, Issue #3

- 1) Advanced Biostructural Correction
- 2) Atlas Orthogonal Technique
- 3) Bio-Geometric Integration
- 4) Chiropractic Biophysics
- 5) Dynamic Spinal Analysis
- 6) Network Spinal Analysis
- 7) Ortho-Spinology
- 8) Pettibon-Spinal Biomechanics
- 9) Sacro-Occipital Technique
- 10) Torque Release Technique

2002: Volume 24, Issue #3

- 1) Access Technique
- 2) Activator Technique
- 3) Applied Kinesiology
- 4) Bio Energetic Synchronization Technique
- 5) Charrette Protocols
- 6) Diversified Technique
- 7) Gonstead Technique
- 8) Thompson Technique
- 9) Toggle Recoil Technique
- 10) Total Body Modification

2003: Volume 25, Issue #3

- 1) Advanced Muscle Palpation
- 2) Blair Cervical Technique
- 3) Directional Non-Force Technique
- 4) The Graston Technique
- 5) Logan Basic Methods
- 6) Matrix Repatterning
- 7) Dr. Mally's Extremity Adjusting Technique
- 8) McTimoney Technique
- 9) Neuro Emotional Technique
- 10) The Toftness System of Chiropractic

How Do You Pick Your Technique?

TAC: How do chiropractors generally pick the techniques that they perform?

Roth: Chiropractors and other health professionals are drawn to techniques and theories that will help them move to the next level. As each practitioner evolves in skill and understanding, they naturally reach for higher ground. And, as it has been said, "When the pupil is ready, the teacher appears."

I have consistently found, too, that it is only through this desire to provide better service, that the door to financial success is opened. It is through the joy of helping others and experiencing the power of the self-healing process, which we support, that we become open to the positive flow assuring personal and monetary success.

TAC: We often hear that one technique does not always work on every patient a doctor sees. What do you think about this statement?

Roth: There are many techniques that work, and the ones that work best are the ones that gently encourage the body's natural ability to be restored to optimal health and well-being.

I also believe it is a question of attitude. If the practitioner has an approach that makes sense to him or her, then they are capable of helping their patients to align with the potential to allow the healing to take place.

TAC: How many techniques should a chiropractor know for the best care of their patients?

Roth: It is really not a question of the

number of techniques. It is more a question of skill combined with the ability to communicate the larger idea—the goal being to support and encourage the individual toward their potential for healing and wellness. Various techniques may appeal, initially, to different patients; but, once inside the door, it is really their connection to these underlying principles that will make the difference.

TAC: When does a chiropractor know enough about technique that he doesn't need to learn anymore?

Roth: It is never possible to stop learning. It may be a technique or a philosophy, which helps the practitioner to become clear in his or her goals. This is what will ultimately satisfy the desire to continue growing as a health practitioner and teacher of well-being. This process never ends. When it does, it is time to consider a new career.

George Roth, DC, can be reached at Wellness Systems, Inc., toll-free 1-877-905-7684; Fax: 905-880-0650; e-mail Roth@WellnessSystems.com; or visit www.matrixrepatternning.com.

Following are alphabetized descriptions of this edition's Ten Great Techniques, with brief discussions of their evolution, theories and applications.



George Roth D.C., developer of the Matrix Repatterning technique, shares with us his observations on technique

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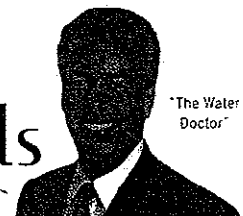


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