



Universal Health™



## Activator

Spinal misalignments may cause pain and nerve interference throughout your body. Activator Method Chiropractic Technique (AMCT) can address such problems and provide a program for total health.

The wear and tear of life, old injuries and everyday stress can cause your vertebrae to lose their proper position and be a cause of numerous complaints including back, knee, leg and neck discomfort. AMCT combines the latest advances in orthopaedic, neurological and chiropractic examination to seek out joint dysfunction and subluxation in the spinal column and extremities. It is based on a dynamic approach in which biomechanical lesions are isolated through patient movements designed to identify the exact areas of dysfunction.

## How Does It Work

After examination identifies the location of your lesion your practitioner may recommend treatment that includes the use of a mechanical instrument. The Activator Adjusting Instrument (AAI) is a hand-held spring-loaded mallet that is designed to deliver safely a preset amount of force precisely to correct the lesion. The AAI was developed in the US to assist chiropractors in cases where more force is needed to effect an adjustment than can be delivered manually by thumb thrust. It was approved in 1984 in the US by the FDA for use in adjusting procedures.

## The Treatment

Your practitioner will first take biomechanical measures of your gait and postural sway (the way you walk). Marching or walking in place may reveal inconsistencies between the pelvis and the spine. Poor posture is one of the leading causes of joint and muscle pain, spinal misalignment and subluxation. You will then be asked to lie face down, fully clothed, on the examining table. Your practitioner will check for apparent difference in leg length and by holding your feet in various prescribed ways will be able to note any slight variations of hip position and spinal muscle tension. If any inequality or imbalance is found your practitioner will tap various points along your spine, either manually using the Specific Diversified Technique (SDT) or manually-assisted using also the AAI, depending on the degree of force required, or in cases where rotation (twisting motion) is contraindicated.

## The Benefits

Each patient presents different symptoms. In most cases of chronic pain, treatment by SDT or AMCT will provide much needed immediate relief. Slight residual sensitivity will dissipate within one hour of treatment. Your practitioner will advise if further visits are necessary to monitor and stabilize your condition. Monitoring will also reveal rapid improvement in other conditions especially if accompanied by auxiliary treatment such as Homeopathic Therapy. Your practitioner will advise what auxiliary treatments, if any, are appropriate to your individual requirements.

## Do you suffer from?

Lower back pain, Sacroiliac joint syndrome, Adhesive capsulitis (shoulder pain), Torn medial meniscus (knee injury), Neck pain, Chest pain, Sciatica, Whiplash, Disc herniation, Carpal Tunnel, Bell's Palsy, Hypertension, Blood pressure, Anxiety, Spinal stiffness, Leg length inequality, Headache, Sports or other injury.

## Results You Can Expect?

You will experience immediate relief from a debilitating pain or other chronic condition which has been adversely affecting your health and quality of life. In addition to the marked improvement in your health and wellbeing which will result, you will also experience a glow of confidence, a growth of positive outlook and an enhanced ability to participate in your work and social life.

**Integrative Medicine combines the best available in Health Care in order to obtain optimum results by maximizing the body's natural healing mechanisms.**

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Restore + Sustain + Advance

