



Universal Health™



Thompson Technique

Developed originally by Dr. Clay. Thompson and fully patented in 1957, the Thompson Drop Table facilitates a full spine technique by the use of an adjusting table with a pneumatically driven, segmented drop system, which quickly lowers the section of the patient's body corresponding with the spinal region being adjusted, whether in the dorsal, lumber or pelvic area. By means of this widely used device your practitioner thrusts at high speed, using minimal force, because while the thrust initiates movement, the fast drop carries the joint through the remainder of its range of motion.

Dr. Thompson developed his "Segmental Drop Table" following his discovery of pelvic displacement patterns and a correlation between pelvic displacements and difference of leg length. Thus Leg Length checks are important in preliminary testing along with Physical Examination, Palpation, Motion Findings and X-rays to assist your practitioner in determining where to make spinal adjustments. This analysis can be used to assess more accurately the location of a subluxation (misalignment) depending on the response in your body.

How Does It Work?

The neurological basis for balance is found in the Reticular System of the brain where the Inhibitory and Facilitory systems maintain balance of the musculature of the body. A neurological imbalance will affect the musculature of the legs resulting in the appearance of one leg being short when observed with the patient in the prone (face down) position. This occurs when various muscles are over stimulated. This overstimulation results in a leg length differential that is visually evident and is measurable. (Contraindications would be an anatomical short leg, history of poorly healed fracture, or a joint implant.)

The Treatment

Your practitioner will place you, fully clothed, on the drop table lying face down. You will also be wearing shoes as the Leg Check is conducted. This is so that there is a common reference point of the seam where the heel and shoe are joined on each foot. Your feet are now observed in the extended position. You will then be asked to flex them so that they can be compared one with the other so that your practitioner can note any difference between them in the appearance of length. On the basis of this and other tests your practitioner will then proceed with the adjustment, assisted by the action of the drop piece. The table drop piece will be set to your weight and cocked. Your practitioner will then place a contact hand on the drop segment. A thrust is then applied and this segment of the table will drop away gently thus assisting the removal of the subluxation by translating the force of the drop into the joint.

Benefits

Improved posture and performance, increased strength, improved flexibility, greater resistance to injury, improved ability to sleep and relax, fewer aches and pains, improved tolerance to stress and general enhancement to health. Chiropractic adjustments allow the body to heal itself without drugs or surgery.

Do You Suffer From?

Allergies, Asthma, Back ache, Carpal Tunnel, Elbow pain, Fibromyalgia, Headaches, Hip pain, Joint pain / problems, Knee pain, Lower back pain, Muscle tightness and stiffness, Neck pain, Sciatica, Shoulder pain, Sports injuries, Stress, TMJ.

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

