

TOPIC OF THE MONTH

THE GONSTEAD SYSTEM

The Gonstead System focuses on five criteria, developed by Clarence Gonstead over his 55 year practice through more than 4 million chiropractic adjustments. This system is the most complete method of bio-mechanical analysis available to today's doctors of chiropractic.

The Five Criteria:

1. Visualization — The doctor is an expert in looking for subtle changes in your posture, muscle tone and movement which could indicate any problems.



Clarence Gonstead

2. Instrumentation — The Nervoscope is used with the aim of precisely detecting spinal inflammation. The Nervoscope shows any uneven distributions of heat along the spine which can be indicative of inflammation and nerve irritation.



3. Static Palpation — Simply the process of feeling (or palpating) your spine in a stationary (or static) position. The Gonstead Chiropractor looks for the presence of edema (swelling), tenderness or tightness around the spinal muscles or any abnormal texture in other tissues around the back.

4. Motion Palpation — This process involves feeling the spine while moving and bending it at various angles. This enables the chiropractor to determine how easily or difficult each segment in your spine moves in different directions.

X-Ray Analysis — In order to assess the entire structure of the spine, standing, weight bearing X-rays are taken and analyzed. This is helpful in evaluating posture, joint and disc integrity and ruling out any pathologies, or recent fractures that may be present or contributing to the patient's condition. In addition, the film analysis will determine the direction of the spinal misalignment in a 3 dimensional plane so the vertebra can be adjusted in the most precise possible way.



If you would like any further information, please ask Dr Alberto or Dr Antoni.