

Activator Method Technique

Activator Methods is a precise instrument adjusting technique. The patient remains face down on the table in a neutral position while the doctor performs a series of isolation tests. This is done by having the patient do simple movements that allow the Doctor to test the alignment of different levels of the spine and extremities. This testing shows the doctor where to specifically adjust the patient with the activator.

Activator Methods can be very effective in treating a variety of conditions such as:

- Neck pain
- Back Pain
- Hip pain
- Shoulder pain
- Elbow pain
- Wrist pain
- Knee pain
- Ankle pain
- Headaches
- Migraines

Dr. Jackie has over 15 years of experience in treating patients with Activator Methods. Patients find the treatment to be very gentle and effective.