

Koren Specific Technique

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In this office we offer a unique, breakthrough approach to patient care called Koren Specific Technique (KST). There is no twisting, turning, “cracking” or “popping” of joints with KST; instead, you receive gentle, specific corrections to your spine and structural system. Most adjustments or corrections are done with you standing or sitting.

Correcting subluxations

We are correcting a serious form of nerve stress caused by distortions in your spine and body structure. This stress is known as a subluxation. Subluxations can cause physical and mental/emotional malfunction. They are often associated with loss of energy, pain, weakness and disease of all types.

What causes subluxations?

Subluxations may be caused by physical, chemical or emotional stress or trauma. Our purpose in this office is to remove this stress from your body/mind complex so that you may become physically and mentally healthier.

Gentle yet powerful

KST is very gentle and yet very powerful. Patients usually notice dramatic changes from the first visit. Your body will likely hold its corrections for a much longer time with KST, so you can go for longer periods between adjustments.

What does KST do?

KST permits us to quickly, easily and gently check and correct (or adjust) your body for subluxations, wherever they may arise. This includes your cranial bones, TMJ, entire spinal (vertebral) column, sacrum, coccyx, discs, hips, sternum, ribs, femur heads (upper thigh bones), shoulders, knees, feet, hands and anything else that needs correcting.

Retracing

The real power of KST is that people often experience retracting as deep, unhealthy stresses leave their bodies. This is an essential aspect of the journey toward health and wellness for it involves expressing and releasing unhealthy physical and emotional stresses.

Your body has many layers. At each session we correct what your body is revealing at that time. Older injuries, older distortions, older subluxations and older symptoms (both physical and emotional) may surface at later sessions. The release of old injuries is part of the healing process.

On occasion, patients have reported “cleansing” symptoms such as diarrhea, pus, mucus, fever, rash, etc. These symptoms are usually temporary. Also, not everyone experiences retracting on a physical or conscious level. Sometimes dreams increase or unusual dreams occur as a result of KST care.

Sometimes an area is so weak and the distortion so extensive that a segment put in place may not stay in position and may need re-correcting.

How do we practice Koren Specific Technique?

The procedure is made up of three steps (the 3 C's):

1. Challenge
2. Check
3. Correct

The first step, "challenge," involves gently moving a body part in various directions. Your structural system is scanned for subluxations.

The second step, "check," reveals where you are subluxated.

If your body part is out of its correct position and the challenge moves it (ever so slightly) further out of position, the base of your skull (your occipital bone) will slightly drop on the left. This is called the occipital drop (OD) and is a binary neurological biofeedback device.

If the body part being challenged is in its proper position then there will be no occipital drop.

The third step, "correct," moves the body into its correct position.

If there is an OD then the area is gently corrected, usually using an adjustment instrument. We find that children especially like to be corrected this way- many feel it tickles. Infants often smile during the procedure; they like the soothing vibration.

In different postures

A major advantage of KST is that it permits you to be analyzed and adjusted in different postures: standing, sitting, lying down and/or in the position of injury or dysfunction/subluxation. This is very important because sometimes a subluxation can only be observed when you are in a certain posture. For example, if a person was in a car accident, their subluxations may only be revealed and completely corrected while they are seated.

Can discs be corrected?

One of the unique features of KST is the ability to analyze or check the body for disc conditions. Patients who have suffered for many years have found "miraculous" improvements from chronic problems with KST.

How should I feel after a KST adjustment?

Everyone is different but certain general responses have been noticed. Many people report a feeling of ease, relaxation and well-being as their structural and nerve stress (subluxations) release. Often people report a "lighter feeling," the ability to breathe more deeply and sometimes an emotional release.

Eyesight may improve, with increased clarity and greater peripheral vision. This is a sign of increased blood flow to the brain. Some people may feel as if they've had a good workout, often in places they were never aware of before. This is usually temporary.

Please observe your dreams and physical changes over the next few days and let us know how you are responding.

Will I get better right away?

We all want complete healing, and you and I will work together toward that goal. If you've had a health problem for many years, it may take time for your body to heal.

Thank you

We are honored to work with you, your family and your friends. Thank you for the privilege of sharing your wonderful, mysterious and powerful healing journey. We welcome your questions and are always available for you.

For a copy of this brochure, please visit our office. Van Every Family Chiropractic Center, Dr. Anna Saylor, 4203 Rochester Rd, Royal Oak MI 48073 248-616-0900 www.vaneverychiropractic.com

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