

Diversified Technique

Diversified technique is considered the most generic chiropractic manipulative technique. It is differentiated from other techniques in that its objective is to restore movement to the spine and pain relief.

It is taught in most Chiropractic schools and my first encounter with Diversified Technique was in 1965 at the Chiropractic school.

Its origin is borrowed from osteopathic techniques and folk methods such as Bohemian (Czech) manipulation, and bonesetters.

Observers of the profession have counted more than 200 specifically chiropractic-type manoeuvres that produce a cracking noise when done to a patient.

Joy Loban was the first to instruct Diversified Technique in a Chiropractic school in 1905.



Gonstead Technique

Diversified Technique has remained the same with one exception. Doctor Gonstead created another technique. X-rays are used to find the misalignment of the spinal bone which is called a subluxation and the mechanics of how to correct it. A temperature instrument was also used to find the area where a problem exists. In other words, Doctor Gonstead put science and mechanics into Diversified technique.



One can identify a doctor who has had Gonstead training, as he will adjust the neck while sitting in a chair.

I was trained by Doctor Gonstead in 1968 and 1969 and credit him for my ability to be light and easy in my Diversified adjustments.



In 1986 and 1987, I took some courses from Doctor Victor Frank. Doctor Frank liked to find old lost Diversified Techniques used by Chiropractic instructors that were forgotten. His advanced courses were devoted to these techniques and allowed all of us to have more tools to help relieve pain and increase motion in our patient's spine.

