

## **Gentle Techniques**

*Gentle Techniques are less forceful, gentler chiropractic treatments that do not produce a cracking noise when done to a patient.*

### **Gentle Technique 1**

The first gentle technique I studied was in 1965. It was called DNFT, which stands for Directional Non-Force Technique.

It is an original chiropractic technique developed by the late Dr. Richard Van Rumpt, D.C.

D.N.F.T. chiropractic utilises a challenge and "short leg reflex" in locating problems, and a light thumb thrust in administering adjustments.



### **Gentle Technique 2**

The second gentle technique I studied was in 1967. It was called Spears Painless System.

Dr. Leo Spears developed the system. He was well known for having a large Chiropractic Hospital in Denver Colorado.

The adjustments consisted of three very gentle thrusts. I still use this procedure on children and older patients.



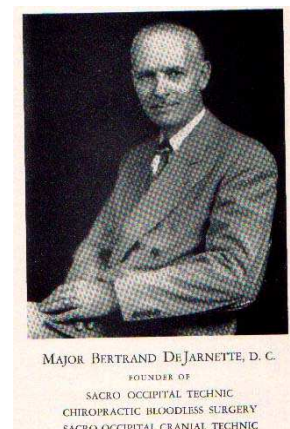
Dr. Leo Spears.

### **Gentle Technique 3**

In 1967 I also studied a very gentle technique called SOT which stands for Sacral Occipital Technique.

Dr. DeJarnette developed SOT and many other techniques in Chiropractic.

When we use wedges or blocks with the patient laying face down, this technique is called the SOT block technique and is used for lower back problems.



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#### **Gentle Technique 4**

The forth-gentle technique I studied was in the late 70's. It was called Activator Technique'

Dr. Arlan Fuhr created the Activator Method Chiropractic Technique as an alternative to manual manipulation of the spine or extremity joints.

The activator, also known as the clicker, is generally regarded as a softer chiropractic treatment technique.

A leg reflex like in DNFT is used. If the leg length changes, that is taken as a sign that the problem is located at that vertebra.



#### **Gentle Technique 5**

The fifth gentle technique I studied was in the early 80's. It was called BEST technique.

It was created and developed by Dr. Milton Ted Morter, Jr.

B.E.S.T. is a non-forceful, energy balancing hands on procedure used to help re-establish the full healing potential of the body.



#### **Gentle Technique 6**

The sixth gentle technique I studied was in 2010. It is done with an Impulse Adjusting instrument.

Dr. James Gudgel was an excellent instructor and gave step by step practical procedures for the most common problems found in everyday practice.

The rapid tapping impulses can be heard everyday in the clinic increasing the range of motion in the spine and other joints in the body.

