

Q: Do you do that "cracking" thing?

A: We use a framework of Chiropractic called BGI, which stands for Bio-Geometric Integration. Our adjustments use a combination of light touch fingertip pressure adjustments as well as a very gentle, yet more traditional style adjustment.

Which type of adjustment we use depends on where the tension is stored in your body. If it's in the soft tissue, we use the light touch. If it's in the bony structures, we use a more dynamic style.

We pride ourselves on our gentle approach, and all of our adjustments, including the more dynamic ones, are delivered with compassion and care...honoring your body above all else. If you prefer, we can avoid the adjustments that make noise entirely, although there are occasions when it would be the most efficient method to integrate your body's tension patterns.