

Torque Release Technique Explained

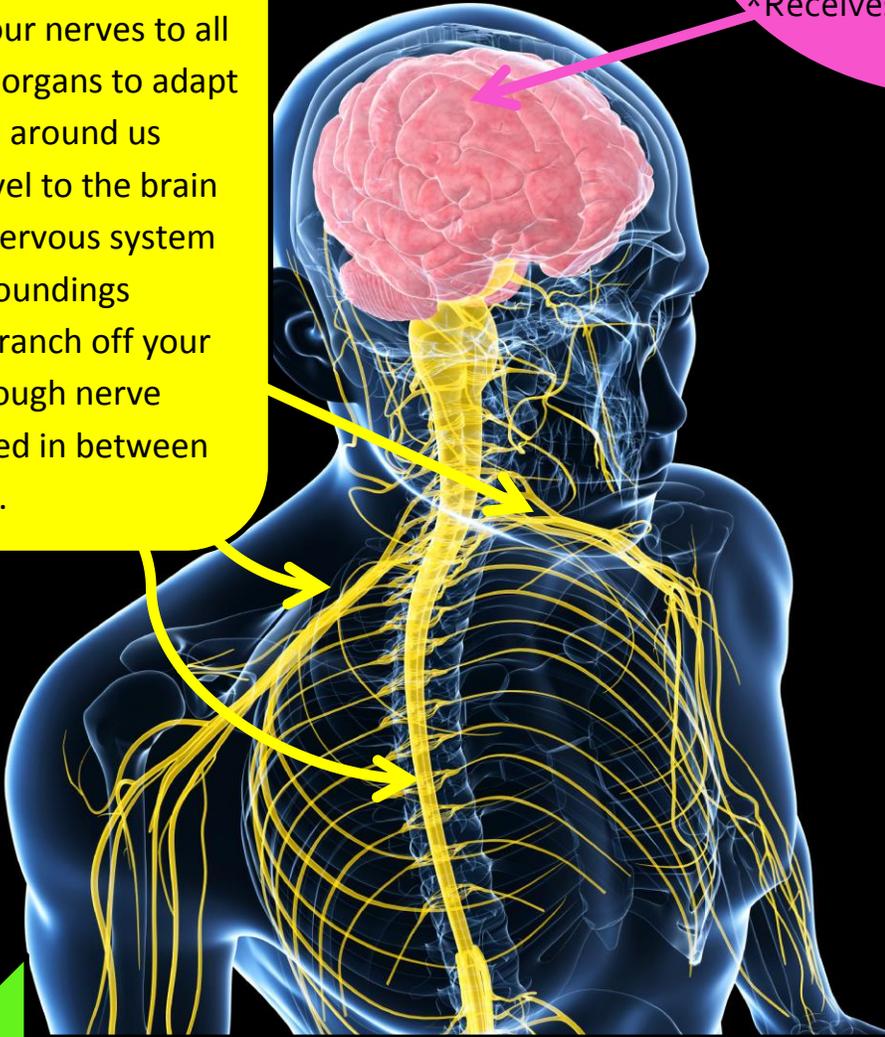


**An explanation of the Torque Release
Chiropractic Adjustment**

**Your Nervous System
Aka The Information Super
Highway**

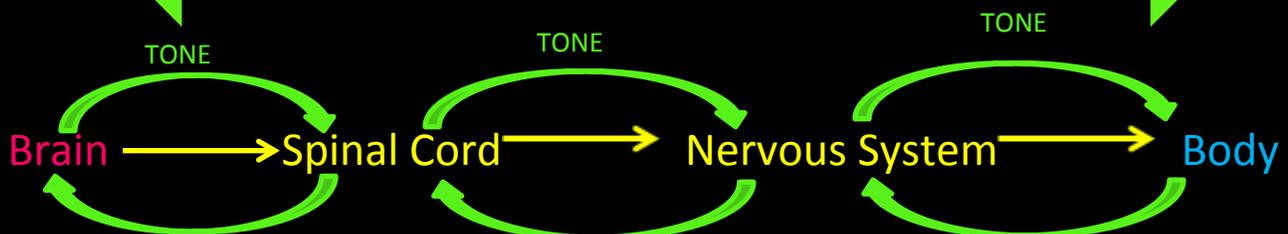
*the messages from the brain travel down your spinal cord and through your nerves to all cells, tissues & organs to adapt us to the world around us
*messages travel to the brain through your nervous system from your surroundings
*your nerves branch off your spinal cord through nerve openings located in between your vertebrae.

**Your Brain
aka Command Central**
*Controls every function in your body
*Sends messages
*Receives messages



The Messages

*The messages your brain sends and receives through your nervous system are in the form of vibrational frequencies, or **tone**.



3 Philosophies of Chiropractic

1. Segmental

- Bone Focused
- Adjusts the bone, which affects the nerve, which affects the muscle, which then affects the bone

2. Postural

- Muscle Focused
- Adjusts the muscle, which affects the bones, which affects the muscle

3. Tonal

- Nerve Focused
- Adjusts the nerve, which affects the muscle, which affects the bones, which affects the nerve

Torque Release Technique (TRT) is a Tonal Philosophy of Chiropractic

The focus is the nervous system. It is an adjustment using an instrument called the **Integrator**. The technical way of describing it would be: “The Integrator delivers dynamic force, recoil and torque which allows for a greater thrust outcome with less force.”

What that means: It talks to the nervous system in the language it understands: using vibrational frequencies or **TONE**.



The Integrator, invented by Dr. Jay Holder, the only instrument approved by the FDA to correct Subluxations

Why it works:

The adjustment is speaking to the nervous system and brain (aka master control center) in its language telling it to start correcting the misalignment of the spine

An Example

What happens if you took your spine and removed all the muscles, tendons and soft tissues?

That's right! Absolutely nothing! Well actually your vertebrae will fall into a pile on the floor; due to that little thing we call gravity. Your bones are "static" meaning they cannot move on their own.

So what moves your bones?

Yes...your muscles do!

So now reattach the muscles and tendons to your spine- what happens?

Nothing! Absolutely nothing!! The muscles move the bones, but the muscles need to be told how and when to move.

Enter the Brain and Nervous System!

The brain sends the messages through your nerves to tell your muscles how and when to move.

Doesn't it make sense to go right to the source and perform an adjustment that speaks directly to the master control center?

That's what Torque Release Does!

Dr. Maurer has been doing Torque Release Technique since 2004 and has seen wonderful results with his patients. This gentle yet highly effective technique is perfect for people of all ages, from infants to the young at heart!

Maurer Chiropractic
113 E. Main St.
Laurel, MT 59044
406.628.9322

www.maurerchiro.com [facebook.com/MaurerChiro](https://www.facebook.com/MaurerChiro)

