

The Palmer Package is a variety of techniques taught at the Palmer College of Chiropractic in Davenport, Iowa, the birthplace of chiropractic in 1895. The main techniques include:

**Diversified:**

First, an analysis of your spine is performed. With the malposition of one or more spinal bones identified, a specific manual thrust is administered, based on experience, practice and a thorough understanding of spinal mechanics.

**Thompson:**

This technique is both a system of chiropractic analysis and a way to minimize the amount of energy needed to adjust the spine using a special table with drop-away sections.

**Gonstead:**

A small heat-sensing instrument and full spine X-rays may be used to reveal subluxation patterns in the spine. To adjust your lower spine and pelvis, we'll have you lie on your side. Subluxations in the middle back are corrected as you assume a comfortable kneeling position. When you're seated, we can restore the integrity of your spine without twisting or rotating your neck.

**Toggle Recoil:**

While you're in a totally relaxed state, usually lying on your side, a high-speed, low-force thrust is delivered to the upper bones of your spine and the hands are quickly withdrawn. This allows the body to use the energy as it sees fit to "reset" the spinal joints.