



What Is It?

Chiropractic BioPhysics (or CBP®) Technique emphasizes optimal posture and spinal alignment as the primary goals of chiropractic care while simultaneously documenting improvements in pain, functional based outcomes, and patient health and well being.

After taking X Rays, you and one of our Chiropractic doctors will discuss the specific postural and spinal alignment changes that need to be made. You will then be provided with the specific type of traction and goals to be made within your care plan allotment.

Types of Traction

We have many different types in order to best fit your needs, however there are three common tractions that you will most likely be taking advantage of.

Cervical

There are two main types: Pope two-way and Distraction. Our two way pull is designed to correct forward head posture, decompress the cervical spine, and reintroduce proper cervical curvature. While Distraction is an upwards pull that is meant to correct forward head posture and to decompress the cervical spine.

Target Force

This traction helps to properly align thoracic and lumbar curvature. It can help reduce excessive thoracic curvature, increase proper lumbar curvature, and increase proper thoracic curvature in combination with our cervical traction.

Decompression

Our decompression table is designed to decrease lumbar curvature, spinal compression, and sciatic pain by . This one is a favorite with our patients!