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Advanced BioStructural Correction (ABC™)

The difference between standard Chiropractic and other manual body therapies, and true structural correction.

The first thing to note is that all of these therapies, including ABC™ can be classed as manipulation of bones or other body structures and tissues. Every different discipline has their statements as to why their method should be called something else and is special but that does not change that it is manipulation.

The original idea was and still is, to find bones out of place and correct their positions. This sometimes works well, sometimes does not work or does not work well and sometimes is harmful.

Due to the inconsistencies in effect of trying to realign the bones there have been many theories and many systems put forth. None of them have resulted in the development of a consistent and predictable effect of treatment until Advanced BioStructural Correction™ has come along.

The difference.

The difference between ABC™ and all the other methods is that the other methods are attempting to directly straighten the body. ABC™ has discovered it is basically impossible to accomplish this because the body is in a three dimensional twist.

Further, you do not have a neck, back and low back. You have a spinal column that is a single synchronized functioning unit. The reason is not just that all the bones are connected but additionally that you have very tough elastic membranes covering the spinal cord and brain going from the tailbone up into the skull that attach to the bones of the spinal column and skull. That makes the spinal column not just a stack of bones but a spring loaded lever system to hold the body upright. Even more, because the elastic tissues transmit mechanical stress from one spot to another just like a rubber band. So, try to straighten one thing and, if it not just the right thing the elastic tissue will transmit the mechanical stress and move something else out of place.

That is a huge consideration compared to the usual anatomical consideration of the neck, back and lower back being different regions of the spine that can be considered separately from the rest of the spine. It is also a very different consideration from the view of looking to just a few bones and determining one is out of position compared to the others. The reason is that even if a bone is out of position compared to the others, there is no ability to determine if that bone is out of position because there is something wrong there of if that bone is out of position as part of a compensation pattern for something else that is out of position.

So that is some basic information that will give you an understanding of what we say now.

If you take x-rays and measure the positions of all the vertebrae you discover that just about all the things others say are accurate observations but without that last consideration of being able to determine if the bones are out of place as part of a compensation pattern or as part of some primary problem that needs to be considered. Further, if you take x-rays after trying to directly correct bones out of place you will most often discover changes in structure that do not seem to make sense unless you understand that the spine is one single synchronized unit with that elastic membrane transferring the mechanical stress and moving other things seemingly unrelated.

With the discovery that bones go out of place in directions the body CANNOT self-correct because there are no muscles or combinations of muscles that can pull in the direction needed to pull those bones back to their correct positions true structural correction becomes possible.

To understand the reasons you must keep in mind that the bones out of place that the body CAN self-correct but does not are part of the compensation pattern the body is creating to deal with the imbalances created by the bones out of place that it cannot self-correct. You further have to understand that moving the bones the body can self-correct but does not is an elimination of part of the compensation pattern. Therefore, moving those bones does not reduce the mechanical stress it just shifts the mechanical stress creating the need for the body to reset the compensation or, compensate in some other way.

So, that is the answer to why treatments do not hold in place when they do not – the bone moved was a compensation that the body needed to reset. It is also a large part of the answer to why structural correction can now actually be accomplished.

Why structural correction can now be accomplished:

Correcting ONLY the ones out of place that the body cannot self-correct not only results in better alignment of those bones, it results in reduction of mechanical stress and better balance (or less imbalance). Further, since the body no longer needs to compensate for those imbalances it allows the body to then self-correct the bones out of place that it can but did not because they were compensating for those imbalances.

THAT results in the body unwinding (or untwisting) through the twists and bends it was creating to deal with the imbalances and results in actual correction of the structure rather than just shifting of bodies compensation patterns.

You can know that is true because bodies treated with the Advanced BioStructural Correction™ protocol have good posture (stay upright all by themselves) with no muscular effort by the people treated.