

# What Makes an Adjustment Specific?







# What is an Adjustment?

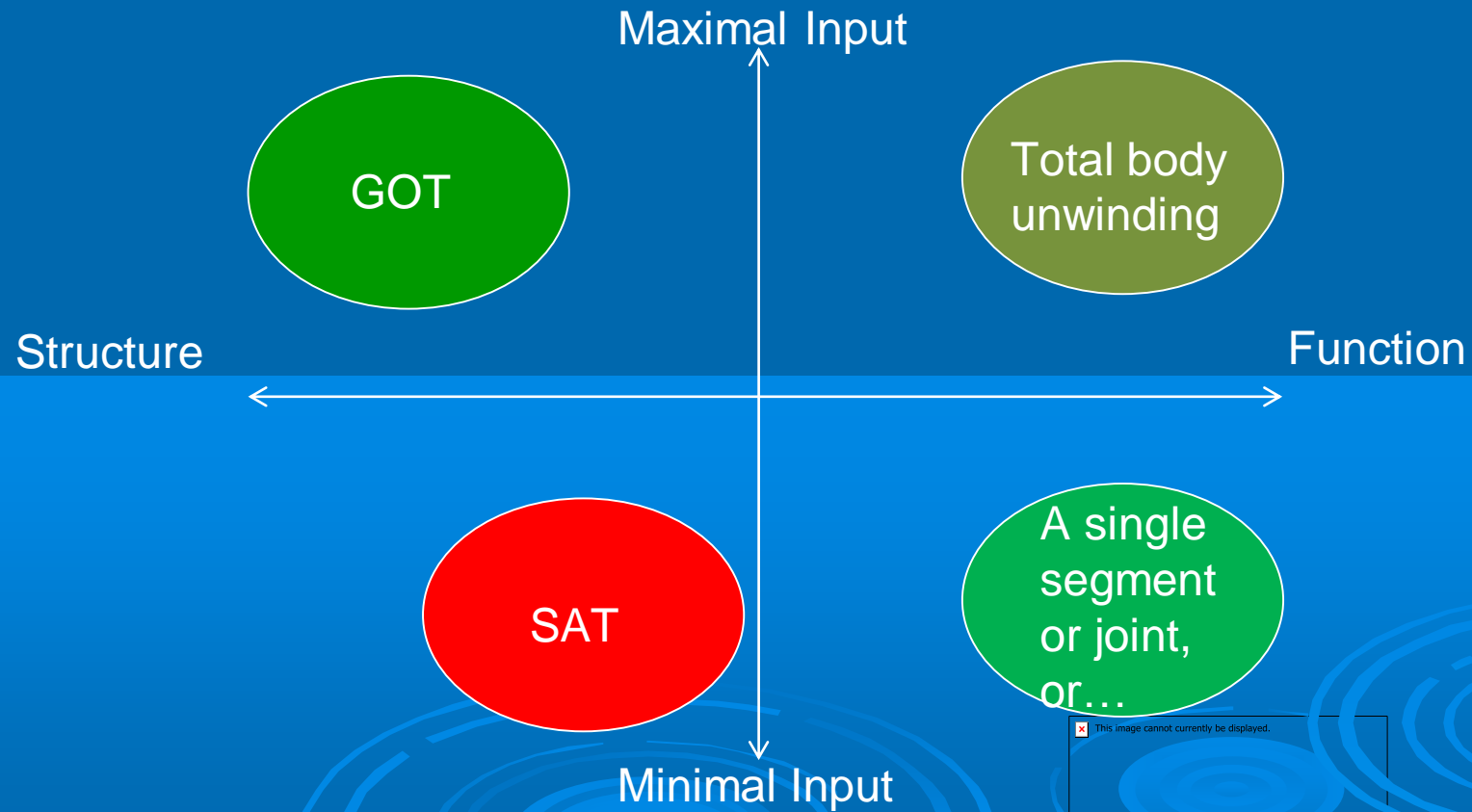
- Improvement of functional relationship between structures
  - Alignment or Mobility
- Oscillation
- Mobilisation
- Articulation
- Exaggeration of articulation
- Bony Thrust :- with or without a 'click'
- Functional release between articulated surfaces
  - Functional Technique (Operator assisted alignment staying with ease)
  - BLT
  - Unwinding

# What is Specificity?

The selection and adjustment of a single segment that is the key to the whole spinal pattern.

# SAT continuum concept

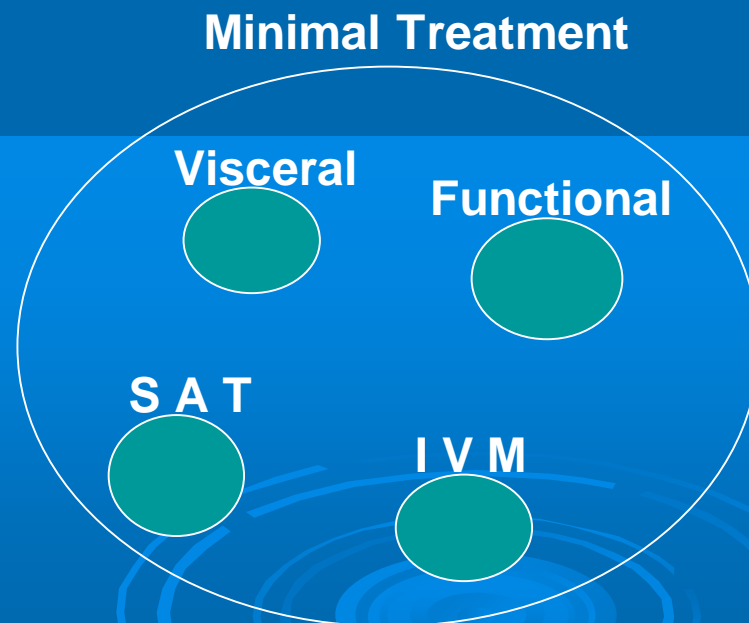
An approach to treatment through:



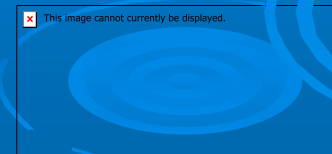
# Minimal Treatment

Do just enough to the point where the body says...  
“ok, I got it, I’ll take care from here”.

It is truly a matter of just the right amount of Treatment  
You’ll find minimal treatment in many fields



SAT is minimal by definition



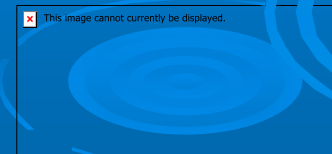
# LITTLEJOHN and SAT

## LITTLEJOHN's Theory AND Philosophy:

If you regulate the curves the pivots will release naturally.

## SAT view point is:

if you can adjust the pivots (or get the pivots working) then the curves will come into a better balance.



# Curves and Pivots

Structural point of view:

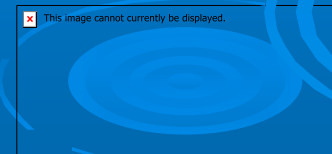
Forward bending curve to a Backward bending curve.

There must be a force change !

In a sense, at the point of change,  
there is a still point or a neutral point.

A Pivot is the interface between a forward bending curve and a backward bending curve.

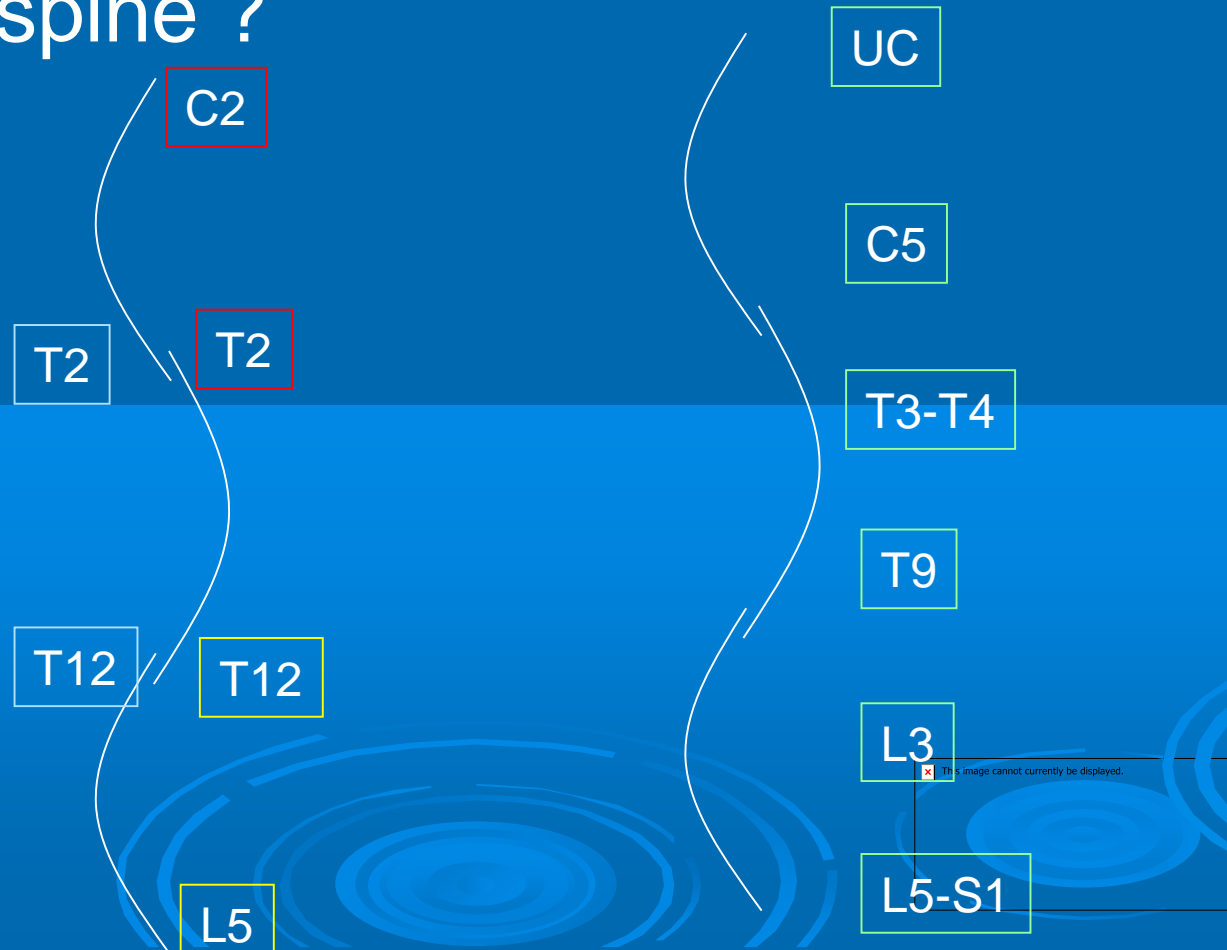
A Pivot is a point of change or a junction.





# Structural and Functional Curves and Pivots

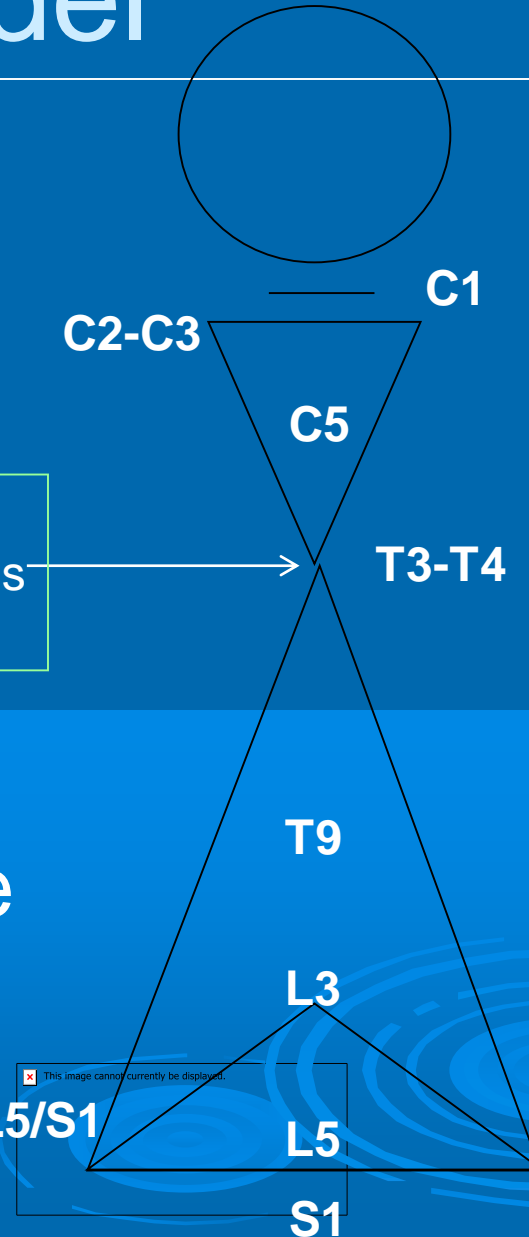
Littlejohn: What actually functions as a pivot in the spine ?



# Littlejohn Model

It contains the whole  
of the message

Point of balance  
Between triangles  
of forces



This model gives us a  
Methodology to approximate  
the truth

Atypical vertebrae: C1,C2,C3 and L5/S1  
Interarch pivots: C5,T9 and L5

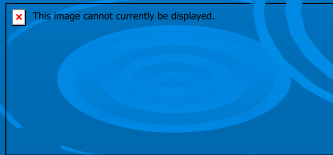
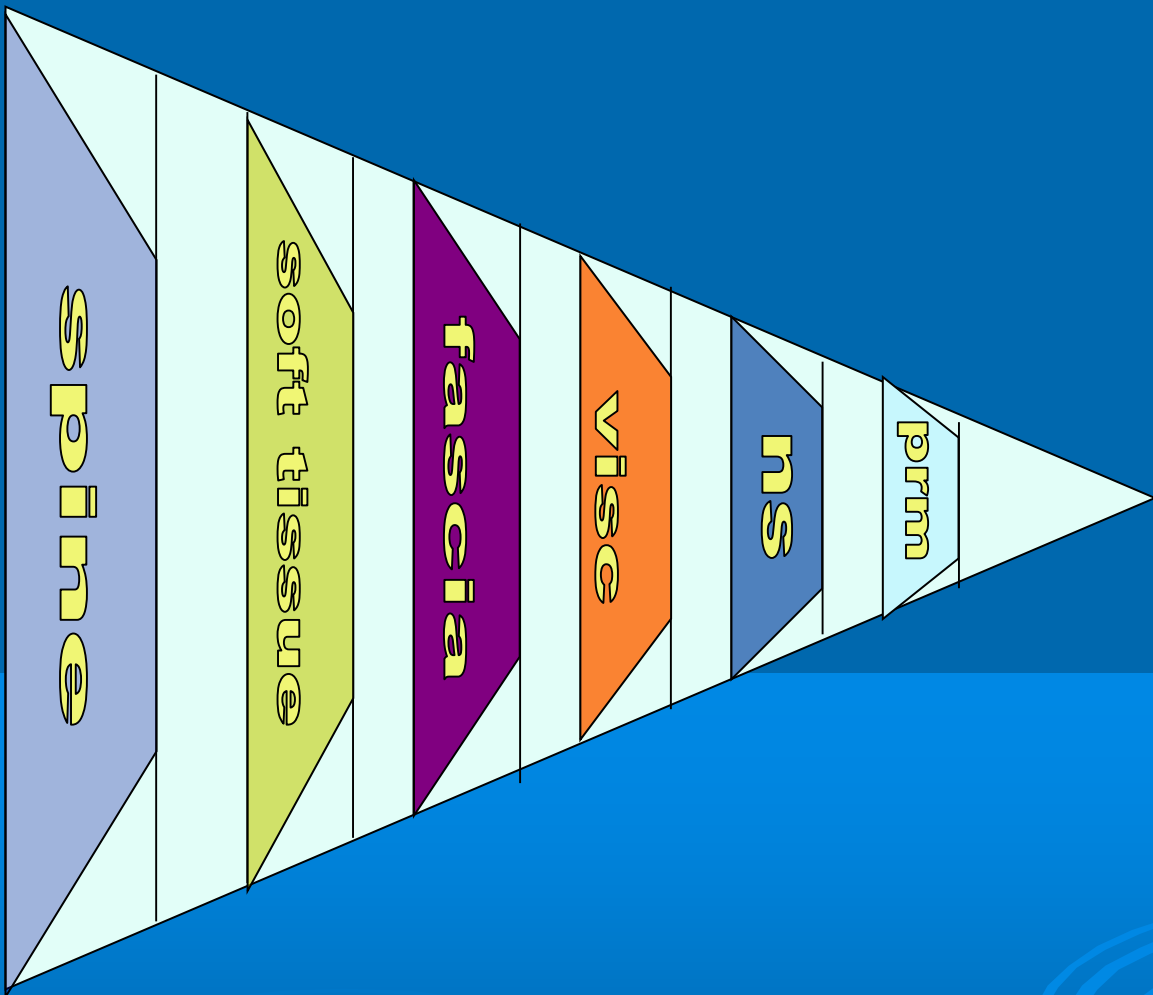
# Other Factors

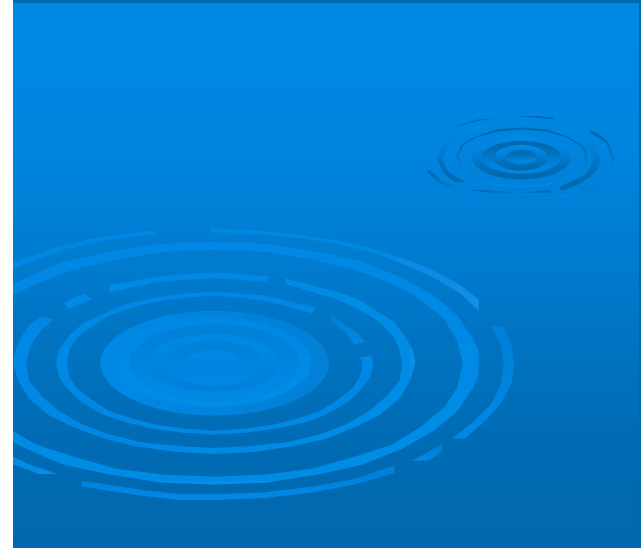
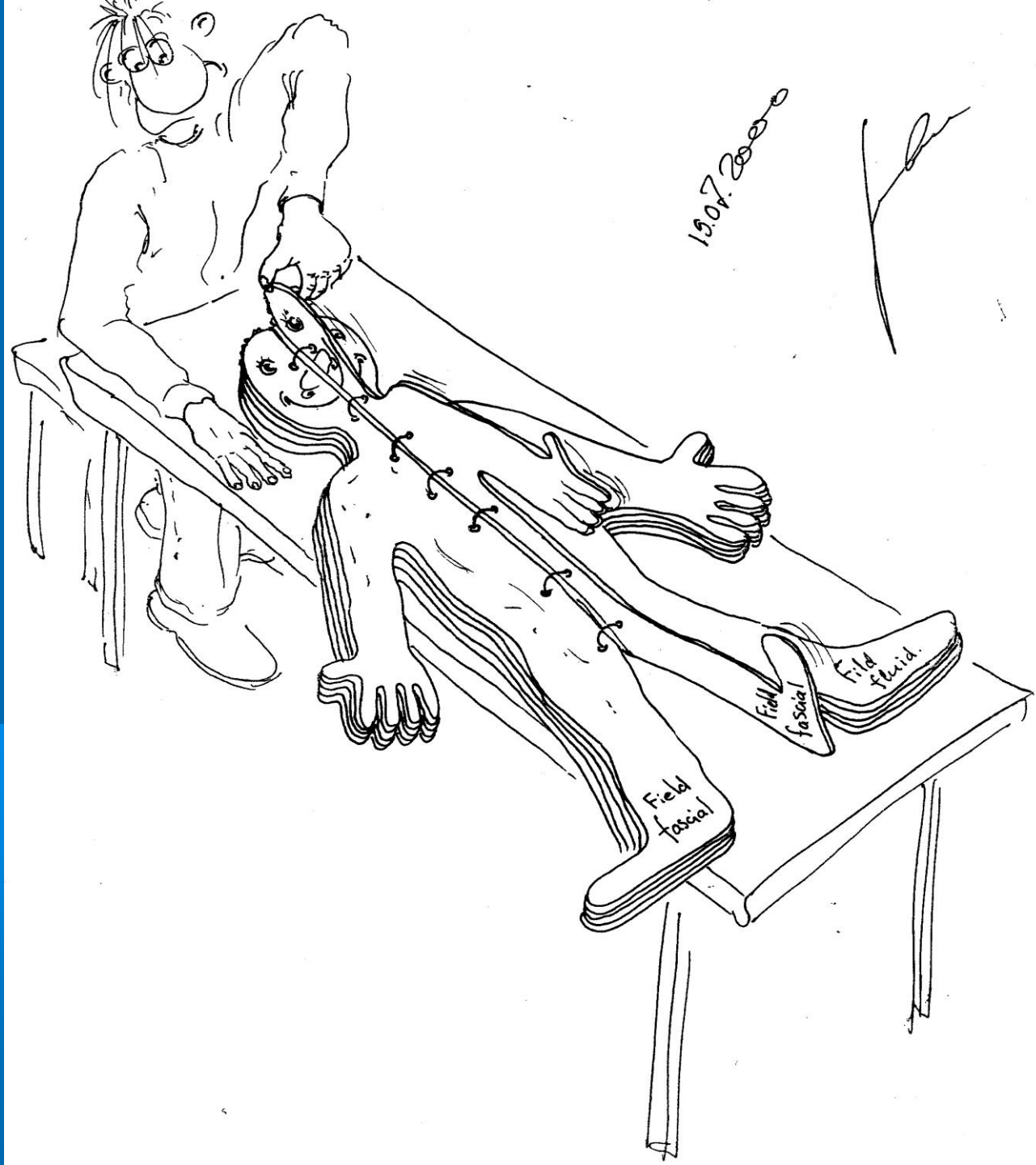
- Finding the Centre of the Forces
  - Alignment
  - Engagement
  - Breathing
  - 'Eye of the Hurricane'
  - Moment of thrust
  - Intention

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- Levels Within The PRM

SAT C3 Slow Motion





