

What is KST?

In late 2003, as a result of much research and clinical experimentation, Dr. Tedd Koren developed an improved, gentle but yet very powerful form of chiropractic spinal care that he now calls Koren Specific Technique. This unique breakthrough approach allows patients to be analyzed better than ever before, with the adjustments holding stronger and for longer periods of time.

What is **Koren Specific Technique**? The procedure is made up of three Steps (the 3 C's):

❖ First Step

The first step, **challenging**, is part of the analysis procedure, and involves gently moving a body part in various directions. In a relatively short period of time the entire structural system can be checked: skull, spine, discs, hips, ribs, sternum, shoulders, arms, legs, hands feet – anything out of position can be analyzed.

❖ Second Step

The second step, **checking**, tells me if the body part is in its proper position. The base of the skull is used as a yes/no device. If the challenge moves the body part that's out of alignment even further out of position, the base of your skull will slightly drop on the left. This is called the Occipital Drop (OD) and is a binary neurological feedback device. Thus we have a binary or yes/no system telling us if an area needs or does not need to be corrected or adjusted. This system is akin to muscle testing (applied kinesiology or AK) wherein a muscle will become weak when confronted with a negative impulse.

❖ Third Step

Correcting, step three. When an adjustment is needed the area is corrected using the ArthroStim™ adjusting instrument.



We adjust using this tool to gently tap the bone into place, versus manually adjusting. It resonates at a frequency that activates the mechanoreceptors (which allow your joint to move) but not the nociceptors (which sense the pain in the joint). The ArthroStim™ allows us to easily and comfortably adjust any joint that we need to, including your cranial bones.

The ArthroStim™ gives patients a very specific adjustment, meaning that only the segment that is out of position is adjusted.

This technique also permits adjusting in different postures

This is very important because sometimes a problem can only be reproduced in a certain position. For example, a driver in a car accident (sitting) may not reveal their spinal damage or subluxations when standing; therefore they must be analyzed and corrected from the seated position. This is especially noticeable with people who suffer from unexplained pain, neurological problems and other conditions. Their body can process the adjustment or correction immediately.

❖ **How Should a Patient Feel?**

An adjustment should not hurt; in fact, most people are amazed at how gentle KST is. KST is so gentle that many newborn babies actually sleep through their first adjustment. Most people feel very relaxed after their first visit and even feel like they might need a nap. Throughout the day, you will feel your body processing your adjustment. Occasionally you may feel a little sore or you may feel a little worse before you get better. You also may notice sensations in other areas of your body. With KST this is normal and expected.

❖ **Retracing**

Retracing is a healing process that occurs when old injuries “come to the surface” after an adjustment. This is a phenomenon that does occur occasionally with other chiropractic techniques, but is very prevalent with KST. Because of retracing, you may notice sensations in other areas of your body after an adjustment, or notice new symptoms that you weren’t experiencing before. You may even experience cleansing-like symptoms. Some examples are acne, headaches, change in bowel movements, vivid dreams and deeper sleep. This is normal and expected. Be assured that these symptoms will pass, and that if you experience them it is a sign that your body is returning to optimal health.