Bacino O. Which Chiropractic technique should a Chiropractor choose? A Reflective Commentary on patient individuality, neuromuscular skills and the art of adjustment. Asia-Pac Chiropr J. 2026;7.3. https://www.apcj.site/BacinoWhichTechnique.pdf

MANUS Summary

In this reflective commentary, Oscar Bacino examines Chiropractic technique selection as an evolving clinical decision rather than a commitment to a universally superior adjusting system. Drawing on his experience as a Gonstead practitioner and educator, he proposes that technique choice should integrate the patient's health history, clinical presentation, risk profile and functional goals; informed patient preferences; available evidence and safety considerations; and the chiropractor's neuromuscular competence. The paper emphasises that the evidence discussed does not establish any single named chiropractic technique as consistently superior across all conditions and populations. Accordingly, patient-centred assessment and shared decision-making should guide the selection and modification of adjusting procedures, including positioning, contact, thrust vector and force, rather than rigid adherence to a technique protocol.

Bacino further describes the Chiropractic adjustment as a complex psychomotor skill requiring coordinated body mechanics, tactile discrimination, precise timing and appropriately graded force. He advocates sustained, deliberate practice within a primary technique framework, complemented by supplementary approaches when patient tolerance or clinical circumstances require greater flexibility. The author also considers alignment between technique, practitioner ergonomics, professional values and chiropractic philosophy important to continued skill refinement and sustainable practice. His discussion of 'innate' represents a philosophical and subjective interpretation, rather than an experimentally demonstrated mechanism. As a commentary presenting no new empirical data, the paper offers a conceptual framework for reflective practice, encouraging chiropractic education to integrate mentorship, motor-learning principles, clinical reasoning and ongoing evaluation of patient-centred outcomes.

MANUS QUIZ

1. What is the paper's central position on chiropractic technique selection? The options are:

A) Gonstead is the preferred technique for every patient;
B) Technique selection should integrate patient characteristics, preferences, evidence, safety and practitioner competence;
C) Technique choice should be determined primarily by professional tradition; or
D) All techniques are equally appropriate regardless of clinical presentation.

Answer: B. The author advocates a multifactorial, patient-centred approach rather than a universal technique hierarchy.

2. How should a chiropractor respond when a patient expresses discomfort with a proposed manual adjustment? The options are:

A) Proceed because clinician preference takes priority;
B) Explain that audible cavitation is essential to effective care;
C) Discuss clinically appropriate alternatives and incorporate the patient's informed preferences; or
D) Discontinue care without discussing other options.

Answer: C. Shared decision-making involves explaining suitable options and respecting patient preferences within the boundaries of safe, appropriate care.

3. Which approach best supports the development of precise and reproducible adjusting skills? The options are:

A) Frequently changing techniques without sustained practice;
B) Relying exclusively on theoretical knowledge;
C) Applying the same thrust force to every patient; or
D) Undertaking deliberate, supervised practice with feedback and attention to body mechanics.

Answer: D. The paper identifies sustained psychomotor training, coordination, tactile feedback and ergonomics as fundamental to adjusting competence.

4. What does the author recommend regarding a primary technique framework? The options are:

A) Develop deep mastery while retaining supplementary approaches for differing patient needs;
B) Use the primary technique unchanged in every clinical situation;
C) Avoid learning alternative procedures; or
D) Select techniques according to popularity rather than clinical suitability.

Answer: A. A primary framework provides depth and consistency, while supplementary skills support adaptability and individualised care.

5. How should the paper's conclusions be interpreted? The options are:

Answer: C. The paper is a narrative commentary, not an empirical investigation or a demonstration of technique superiority.