

Technique Review

Torque Release Technique – A “software upgrade” to Subluxation Care.

Are you adjusting the right level, in the right direction with the right thrust and at the right time? Do you find yourself adjusting the same segments time and time again? Torque Release Technique offers a model of care to “upgrade” the analysis of the spinal system, and the delivery of the adjustment. Transform practice from stagnating to health advancing.

Torque Release Technique (TRT) brings to the profession not only a new technique, but also a new model for chiropractic care. Founded and developed by Dr’s Jay Holder and



Marvin Talsky, TRT is probably the most recent technique development in chiropractic. It is based on a rigorous scientific evidence based clinical study, and still maintains a strong philosophical application of subluxation and tone (DD Palmer’s foundation for Chiropractic).^{1,2,3}

To give you some background on how TRT came to life, it was developed out of a large human population study using chiropractic care in a residential addiction treatment setting. The work conducted by biostatistician Dr Robert Duncan PhD., of the University of Miami School of Medicine, showed an amazing recovery from addiction, reduction in depression and anxiety, and vastly improved Quality of Life in 100% of the subjects studied.^{4,5,6}

Being a tonal model of chiropractic, the basis for the definition of a subluxation is on cord tension, as has been described in chiropractic literature as early as the 1920’s, rather than the concept of cord pressure.⁷ More recent literature has

shown tension on the spinal cord to contribute to autonomic, motor and sensory neurological dysfunction.⁸

The name ‘Torque Release’ reflects on the nature of the torsion type distortion that is placed on the spinal cord under a tension type subluxation. In addition to this, the torque relates to the torque component of the classic chiropractic adjustment.

First and foremost TRT is a model for chiropractic care, based on a protocol associated with non-linear testing priorities. Indicators are indicative of “Primary” subluxations along the spinal system. The main focus is detecting areas of subluxation at locations of dural attachment (the upper and lower cervical spine (C1, C2 and C5), the sacrum and coccyx) and the pelvis. Other areas of subluxation are tested following these, though; they have less priority in the rank of where to adjust on any given visit.³

Specifically, absolute balance of the neural system is warranted for an adjustment to be delivered. All testing for priorities comes from neural reflexes being positive or insignificant at that level of the spine, and at that particular point in time.³

It has been suggested that the nervous system has the capacity to record and memorise each and every input or event ever experienced, thus adjusting the system in a non-sequential/non-linear manner promotes change and growth, rather than creating a pattern through repetition.

For those considering updating their analysis of the spinal system and patterns of subluxation, TRT is simply a “software upgrade” to an already existing system. You can choose to remain using your current adjusting technique, while



integrating the application of the model of care into your practice

Further more, there has been a technique system developed, which focuses on the testing and adjustment of the subluxation. For this TRT combines the very best of what chiropractic has to offer; aspects of Palmer Upper Cervical, DNFT, SOT, Toftness, Thompson, Gonstead, Logan, Pierce, and NSA. However, for the sake of research an instrument was developed, the “Integrator”, designed to replicate, with exceptional consistency, what has always been intended to be done by hand. The components of the classic Toggle Recoil adjustment are evident in the delivery of the force delivered by the instrument.³

TRT promotes a vitalistic model of care, is an upgrade to subluxation analysis, promotes change, and comes from a stable foundation of philosophy, science and art. For further information look at www.torque-release.com, or contact Dr David Russell on (09) 572 0177 or dave@creatingwellness.co.nz

References:

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