

Meet the ArthroStim® Instrument

A gentle, instrument-assisted approach used in chiropractic care

SPECIFIC Care is tailored to the area and direction identified by your practitioner.	CONTROLLED The instrument delivers rapid, light impulses rather than a traditional manual adjustment.
ADAPTABLE Different tips or sleeves may be selected for different areas of the body.	MOVEMENT-FOCUSED Your practitioner may assess posture and movement while care is provided.

What is the ArthroStim instrument?

The ArthroStim is a handheld instrument used by trained practitioners to deliver a series of quick, controlled impulses to a selected area. In the original brochure, this approach is described as a way to provide focused input while the practitioner assesses how the body responds.

At Healing Energies Chiropractic & Wellness Center, Dr. Heidi Pendleton, DC, can explain whether this technique is appropriate for your individual needs and how it may fit into your care plan.

Your care is individualized. The technique, instrument tip, placement, and amount of force are selected by your practitioner based on the area being assessed and your response.

How the technique is used

The original KST / ArthroStim brochure emphasizes specificity: the practitioner considers the area being addressed, the direction of application, and the position in which the body is assessed. The approach may include checking posture and movement before, during, or after treatment.

What to expect

- **Assessment first.** Your practitioner evaluates the concern and identifies the area to address.
- **Positioning matters.** You may be assessed in different positions, such as lying down, standing, or sitting, depending on the concern.
- **Focused application.** The instrument is applied to a specific area with a controlled series of impulses.
- **Reassessment.** Your practitioner may check movement or posture again to evaluate your response.

Tips and sleeves

The original brochure describes different tips or sleeves for different treatment areas. These may be selected for areas such as the neck, shoulders, arms, hands, legs, or other parts of the body. Your practitioner chooses the appropriate attachment and technique for the area being addressed.

Is it a cracking or popping adjustment?

The original brochure describes the technique as using rapid impulses rather than a traditional manual thrust. A popping sound is not the goal of the instrument-assisted approach. Your practitioner can explain what sensations you may notice and answer questions before treatment.

Does everyone receive the same technique?

No. Care is individualized. The area, direction, positioning, and instrument attachment may differ from person to person. Let your practitioner know about any discomfort, concerns, or changes in symptoms during your visit.

Why movement and posture matter

The original brochure discusses checking posture and movement because the way a person stands, sits, or moves can help guide the practitioner's assessment. The practitioner may ask you to change positions or repeat a movement so they can observe your response.

Examples of individualized assessment

- A person with neck discomfort may be assessed in a position that helps the practitioner evaluate the neck and upper back.
- A person with shoulder or arm symptoms may be assessed with attention to the relevant area and movement.
- A person with lower-body concerns may be checked in positions or movements related to those concerns.

These are general examples, not a promise that the instrument is appropriate for every condition. Your practitioner will determine the care approach based on your history, examination, and individual needs.

Questions? Start a conversation with our team.

If you are curious about the ArthroStim instrument or whether instrument-assisted chiropractic care may be appropriate for you, ask Dr. Heidi and the HECC team. We can explain the approach, discuss your concerns, and help you understand your options.

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Educational information only. This brochure is not a diagnosis or a guarantee of results. Chiropractic techniques are selected by a qualified practitioner based on individual assessment. Please discuss your health history, symptoms, and questions with your provider.

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