KOREN SPECIFIC TECHNIQUE (KST)

A gentle, individualized approach to chiropractic assessment and correction

What is KST?

Koren Specific Technique (KST) is described in the original brochure as a gentle, specific approach used to assess and address areas of stress or interference in the body. The brochure explains that care may be performed in different positions—including standing, sitting, moving, or lying down—depending on the individual and the practitioner's assessment.

The original brochure describes KST as using three steps: ***Challenge · Check · Correct****.*

How the process works

1	**Challenge** The practitioner assesses the person for areas that may be contributing to the concern being addressed.
2	**Check** The practitioner checks for areas of interference using the assessment approach described in the original brochure, including biofeedback-based methods.
3	**Correct** The practitioner applies a correction, often using a gentle instrument that delivers vibration, or by using their hands.

A flexible, gentle approach

The original KST brochure describes assessment and correction in a variety of postures, including standing, sitting, lying down, or moving. This flexibility may help the practitioner consider how a person's position relates to the concern being evaluated.

What areas may be assessed?

The original brochure lists a broad range of areas that may be considered during KST, including the cranial bones, jaw (TMJ), spine, sacrum, coccyx, discs, hips, ribs, shoulders, knees, feet, hands, muscles, fascia, and aspects of body function. The areas assessed depend on the individual and the practitioner's clinical judgment.

Individualized assessment	*Gentle instrument or hands*	*Your experience may vary*
The brochure emphasizes checking the person and their position rather than using one posture for every visit.	Corrections may be performed by hand or with an instrument that delivers a gentle vibration, according to the original brochure.	Each person's experience and response to care can differ. Ask your provider what is appropriate for your situation.

What should I expect after a visit?

The original brochure notes that experiences vary. Some people may report relaxation or changes in how they feel after a session; others may notice little immediate change. If you experience new, worsening, or concerning symptoms after treatment, contact your healthcare professional.

Is KST right for me?

The best way to find out is to discuss your goals, symptoms, and health history with a qualified healthcare professional. They can explain the approach, its potential benefits and limitations, and whether it is appropriate for you.

HEALING ENERGIES CHIROPRACTIC & WELLNESS CENTER

Dr. Heidi Pendleton, DC

463 W. Ridge Pike · Royersford, PA 19468
484-791-3553 · www.heccandwellness.com

Content adapted from the supplied Koren Specific Technique brochure (© 2019 Ted Koren, D.C., as credited in the source). This redesigned summary is for general educational purposes and is not a substitute for individualized medical advice. Claims and outcomes described in the original brochure should not be interpreted as guaranteed results.