

## **What causes the “popping” sound that occurs with a chiropractic adjustment?**

The synovial fluid (the lubricant that allows joints to glide smoothly) in your joints contains oxygen, nitrogen & carbon dioxide gases. With a chiropractic adjustment joint capsules are rapidly stretched, which increases the joint volume by 15-20%. This creates a partial vacuum and the gases rapidly release due to the pressure gradient change. (similar to Boyle's Law, 1662). The gas is about 80% carbon dioxide & takes about 20 minutes to return back into the synovial fluid.