¹ Gonstead Chiropractic Technique

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- ³ Class Introduction
 - <u>Syllabus</u>
 - <u>Class Web Page</u>
- ⁴ *Thuli Boards*

⁵ Who was Dr. Gonstead?

• In the early 1960's word was spreading throughout the world that there was a healer in a small farming community in Wisconsin to whom people of all ages, and walks of life, were flocking. Who was this man and what was his method?

6 🔲 Dr. Clarence Selmer Gonstead

- Born 24 July 1898
- Willow Lake, South Dakota
- Raised on farm started the day milking 12 cows and tending to his father's Clydesdale horses
- 5 children in the family
- Worked as engineering foreman for JI Case Co.

⁷ Why Chiropractic?

- At 19 (1917), bedridden with Rheumatoid arthritis
- No help from conventional solutions
- Dr. Olson
 - stayed with him, adjusting him every 4 to 6 hours
- · Gonstead could crawl around on the floor, eventually could walk
- This was the turning point for him

⁸ Elvira Meister

- C.S. Gonstead's wife
- Married Valentine's day 1924
- He called her "Vi"
- · Very dedicated to Chiropractic and to her husband

9 🔲 As a Chiropractor

- Graduated 1923 From Palmer Chiropractic College
- Class of 800 members
- Two brothers became Chiropractors as well

10 🔲 First Clinic

- · Worked for Dr. Olson who was recuperating from an illness
- Opened his first office on the upper level of the bank building of Mt. Horeb, Wisconsin - MD tripping over Gonstead's patients lined up on two stories of stairs
- First of it's kind in Wisconsin
 - most Chiropractors in the '20's. had home offices and lived above the clinic.

• One of the first Chiro's in Wisconsin to have X-ray and to use a fluoroscope

¹¹ Style of Practice

- Mrs. Gonstead said: "I can remember him sitting up long hours even when he got through at the office he'd sit there and study those x-rays... and he'd try to work it out, and he [did] work it out"
- Cared for all ages until all hours of the night, seven days a week

¹² Gonstead's advertising style

- He was proud of the fact that he never spent a postage stamp to advertise
- One patient tells the other about health care
 - "you got this problem, why don't you go over and try it"

¹³ First Gonstead Clinic

- 1939 the practice outgrew the bank building, and Gonstead built a free-standing clinic
- · Four adjusting rooms, two on each side of a hallway
- · one consultation room

14 🔲 Hours

- "We were the only ones open late at night. You'd come into Mt. Horeb and the only one's that were lit up was Gonstead" Vi
- Patient's didn't mind waiting for as long as three and four hours to see him - Sometimes they would go home for dinner and come back
- Many times the milkman would be starting his rounds when Gonstead would finish at 4 am

 It was often said that Gonstead didn't go to bed on the same day he woke up, and he changed his shoes twice a day.

15 House Calls

- For the bedridden
- He said "don't wait up, I'll just knock on the door or window when I arrive"
- Elvira drove the car after hours to let him catch up on sleep
- Dr. Gonstead sometimes cat napped during 7 seconds that hi-lo raised and lowered

¹⁶ Delio Epidemic

- Elvira shoveled snow to get as close to the farm houses as possible
- · Gonstead caught up on sleep in the car
- Gonstead would wade into the house and sometimes stay all night to break a fever, ease the pain and end suffering

¹⁷ Gonstead's View of the Spine

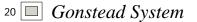
- Intricate engineering wonder
- Traveled to Lincoln Chiropractic College in private plane – dissected, studied stained, photographed and reconstructed cadaver spines

18 Gonstead System

• Technical procedure that gives rise to a specific, definite approach to every segment of the spinal column

¹⁹ D *Thousands of Clinical cases*

scrutinized many cases to find out what worked
 often relied "on outcome studies"



- Full Spine
 - Seen as one highly integrated system
 - one area effects the others
 - "Changes in one area of the spine, whether functional or organic, can and do produce biomechanical and neurophysiological changes in other areas of the spine"
 - Felt for this reason that it was necessary to examine the whole spine and not just the place that hurts

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- Gonstead stated in the 1940's, "Therein lies the uniqueness of my work - The Gonstead Technique has a specific application on the affected segment or segments only."
- His approach is often summarized by the phrase he coined, "Find the subluxation, accept it where you find it, correct it and leave it alone".
- "If it ain't broke, don't fix it."

²² *Methods of locating subluxation*

- 1) Observation
- 2) Instrumentation
- 3) Static (Digital) Palpation
- 4) Motion Palpation
- 5) X-ray and adjusting by hand only
- Remember "Oh, I See My X-Ray"

²³ The system

- Cervical adjusting seated
 - allows proper line of correction
- first knee chest table used for entire spine
- Worked with company to make more sensitive instrument to detect temperature differentials - nerv o scope
- Pioneered full spine x-ray and perfected use of AP and Lateral 14X36 films, intensifying screens and
- · the first exclusively chiropractic x-ray unit in the profession

²⁴ Chiropractor's Chiropractor

- 1946
 - Tom Askland and Chris Oldenberg urged Gonstead to give seminar
 - Information presented by Gonstead was new to many doctors.
 - Had only been taught to find the most misaligned using an x-ray and correct it.
 - Had been taught that the pelvis didn't move
 - 1959 Gonstead taught that it could.
 - First seminar director (Dr. Ted Markham) actually began by trying to disprove Gonstead's theories.
 Found Gonstead to be accurate

25 🔲 1964

- Built the current clinic
 - 10 000 Sayara faat
 - 19,000 Square feet
 - Seating for 106 patients in waiting areafrequently full
 - Main floor is out-patient facility
 - adjusting rooms
 - waiting area
 - X-ray
 - Lab
 - Reception
 - Lower floor seminar facilities

26	Lodging was a problem
	 Built the Karakahl Inn

• At one time built an airport for his planes and patients

²⁷ D *The Cox Brothers*

- Dr. Alex joined the staff in 1962
- Dr. Doug in 1964
- Clinic, Karakahl Inn and Gonstead Seminar was Sold to Dr's Alex and Doug Cox in 1974
- Seminar sold to Dr. John Cox
- Clinic purchased eventually by the Gonstead Foundation to "perpetuate Dr. Gonstead's clinic as a Chiropractic institution"