

1 *Gonstead Chiropractic Technique*

2

3 *Class Introduction*

- [Syllabus](#)
- [Class Web Page](#)

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 *Polio 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 *Thousands of Clinical cases*

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

20 *Gonstead System*

- 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

21

- 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
 - 19,000 Square feet
 - Seating for 106 patients in waiting area
 - frequently 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 *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”