

“Popping” Noises During an Adjustment

If you’ve ever hear a popping noise coming from deep inside your body when you get an adjustment, you’ve probably wondered if this is normal.

Well, it is as normal as your body “passing gas,” which is sort of similar to what happens within your joint capsule. The rapid movement of manipulating or adjusting the spine stretches the capsule of soft tissue that surrounds the joint and creates a change in pressure. When you ride in an airplane or drive to the top of Mt. Hood, your ears can attest to the effects of pressure changes.

The change in pressure that occurs during an adjustment affects gases that are dissolved in the fluid within the joint capsule. These gases temporarily come out of solution and a noise is heard similar to the sound of gas bubbles releasing when you take the cap off of a soda bottle. In the body, this is a normal response that indicates the joint has been successfully moved or manipulated.