



ACAC Directive on Practice Activity: Y-Strap Utilization

Adopted June 18, 2021, and Effective July 5, 2021

Directive

The Y-strap adjustment/manipulation is not used as a therapeutic procedure by regulated members.

Key Terms

- **Adjustment or Manipulation:** To use a deliberate, brief, fast thrust to move the joints of the spine beyond the normal range but within the anatomical range of motion, which generally results in an audible click or pop.
- **Mobilization or Traction:** A manual therapy technique comprised of a continuum of skilled passive movements to the joint complex or soft tissue that are applied at varying speeds and amplitudes that do not exceed the normal range within the anatomical range of motion.
- **Regulated Members:** Any chiropractor who holds a practice permit for the practice of chiropractic in the province of Alberta.
- **Scope of Practice:** Describes the procedures, actions, and processes that a health-care practitioner is permitted to undertake in keeping with the terms of their professional license. The scope of practice is limited to that which the law allows for specific education and experience, and specific demonstrated competency. Each jurisdiction has laws, licensing bodies, and regulations that describe requirements for education and training, and define scope of practice.
- **Therapeutic Procedure:** A manner of effecting change through the application of clinical skills and/or services that attempt to improve function. These procedures require direct one-on-one patient contact by a chiropractor.

Guidance for Regulated Members

- Regulated members will cease and desist all use of the Y-strap adjustment/manipulation as defined in this Directive.
- Regulated members may continue to use the Y-strap for **traction only**.
- Any regulated member using the Y-strap for traction in practice must be able to demonstrate training and competence for the use of the Y-strap for traction.
- As the Y-strap adjustment/manipulation is not within the Scope of Practice for Alberta chiropractors, if a conduct complaint is made to the ACAC, conduct that includes the use of the

Y-strap adjustment/manipulation could result in charges of practicing outside of approved Scope of Practice.

- As the Y-strap adjustment/manipulation is not within the Scope of Practice for Alberta chiropractors, if an injury claim is made, then your PLI-PLP **may not** cover your therapeutic procedures where the Y-strap adjustment/manipulation occurred.

Guidance for Patients

- The use of the Y-strap adjustment/manipulation, as seen in videos posted online, is not an allowable practice in Alberta. The Y-strap adjustment/manipulation is also at times called the “ring-dinger”.
- Patients seeking chiropractic care should expect that regulated members of the ACAC who practice chiropractic in Alberta **will not** use the Y-strap adjustment/manipulation as a therapeutic procedure.
- Chiropractors who are properly trained in the use of the Y-strap for traction may use the Y-strap to provide **traction only**.