Occiput	C1	C2	C3
Knee Chest Method	Knee Chest Method	Knee Chest Method	Side Posture Method
Toggle Recoil (Palmer)	Posterior Arch Contact - Toggle Recoil (Palmer)	Spinous contact - Toggle Recoil (Palmer)	Spinous Contact - Toggle Recoil (Palmer)
Supine Methods	Side Posture Method	Lamina Contact- Toggle Recoil (Palmer)	Lamina Contact- Toggle Recoil (Palmer)
Occiput Contact (Diversified)	Transverse Process Contact - Toggle Recoil (Palmer)	Side Posture Method	Side Posture Method
Seated Methods	Supine Methods	Spinous Contact - Toggle Recoil (Palmer)	Spinous Contact - Toggle Recoil (Palmer)
Occiput/Glabella Contacts (Gonstead)	Transverse Contact (Diversified)	Lamina Contact- Toggle Recoil (Palmer)	Lamina Contact- Toggle Recoil (Palmer)
	Seated Methods	Supine Methods	Supine Methods
	Transverse Contact (Gonstead)	Supine Lamina Contact (Diversified)	Supine Lamina Contact (Diversified)
		Supine Spinous Contact (Diversified)	Supine Spinous Contact (Diversified)
		Seated Methods	Seated Methods
		Lamina Contact (Gonstead)	Lamina Contact (Gonstead)
		Spinous Contact (Gonstead)	Spinous Contact (Gonstead)
		Prone Methods	Prone Methods
		Lamina Contact (Diversified)	Lamina Contact (Diversified)

C4	C5	C6	C7
Side Posture Method	Side Posture Method	Side Posture Method	Supine Methods
Spinous Contact - Toggle Recoil (Palmer)	Spinous Contact - Toggle Recoil (Palmer)	Spinous Contact - Toggle Recoil (Palmer)	Supine Lamina Contact (Diversified)
Lamina Contact- Toggle Recoil (Palmer)	Lamina Contact- Toggle Recoil (Palmer)	Lamina Contact- Toggle Recoil (Palmer)	Supine Spinous Contact (Diversified)
Side Posture Method	Side Posture Method	Side Posture Method	Seated Methods
Spinous Contact - Toggle Recoil (Palmer)	Spinous Contact - Toggle Recoil (Palmer)	Spinous Contact - Toggle Recoil (Palmer)	Lamina Contact (Gonstead)
Lamina Contact- Toggle Recoil (Palmer)	Lamina Contact- Toggle Recoil (Palmer)	Lamina Contact- Toggle Recoil (Palmer)	Spinous Contact (Gonstead)
Supine Methods	Supine Methods	Supine Methods	Prone Methods
Supine Lamina Contact (Diversified)	Supine Lamina Contact (Diversified)	Supine Lamina Contact (Diversified)	Lamina Contact (Diversified)
Supine Spinous Contact (Diversified)	Supine Spinous Contact (Diversified)	Supine Spinous Contact (Diversified)	
Seated Methods	Seated Methods	Seated Methods	
Lamina Contact (Gonstead)	Lamina Contact (Gonstead)	Lamina Contact (Gonstead)	
Spinous Contact (Gonstead)	Spinous Contact (Gonstead)	Spinous Contact (Gonstead)	
Prone Methods	Prone Methods	Prone Methods	
Lamina Contact (Diversified)	Lamina Contact (Diversified)	Lamina Contact (Diversified)	

T1	T2	T3	T4
Prone Methods	Prone Methods	Prone Methods	Prone Methods
Toggle Recoil; Spinous-Transverse (Palmer)	Toggle Recoil; Spinous-Transverse (Palmer)	Toggle Recoil; Spinous-Transverse (Palmer)	Toggle Recoil; Spinous-Transverse (Palmer)
Thumb-Modified Thumb (Diversified)	Thumb-Modified Thumb (Diversified)	Crossed Pisiform (Diversified)	Crossed Pisiform (Diversified)
Pisiform-Modified Pisiform (Diversified)	Pisiform-Modified Pisiform (Diversified)	Single Hand - Spinous contact (Gonstead)	Single Hand - Spinous contact (Gonstead)
Single Hand - Spinous contact (Gonstead)	Single Hand - Spinous contact (Gonstead)	Side Slip (Thompson)	Side Slip (Thompson)
Side Slip (Thompson)	Side Slip (Thompson)		
Seated Methods	Seated Methods		
Spinous Contact (Gonstead)	Spinous Contact (Gonstead)		

T5	T6	T7	T8
Prone Methods	Prone Methods	Prone Methods	Prone Methods
Toggle Recoil; Spinous-Transverse (Palmer)	Toggle Recoil; Spinous-Transverse (Palmer)	Toggle Recoil; Spinous-Transverse (Palmer)	Toggle Recoil; Spinous-Transverse (Palmer)
Crossed Pisiform (Diversified)	Crossed Pisiform (Diversified)	Crossed Pisiform (Diversified)	Crossed Pisiform (Diversified)
Single Hand - Spinous contact (Gonstead)	Single Hand - Spinous contact (Gonstead)	Single Hand - Spinous contact (Gonstead)	Single Hand - Spinous contact (Gonstead)
Side Slip (Thompson)	Side Slip (Thompson)	Side Slip (Thompson)	Side Slip (Thompson)

T9	T10	T11	T12
Prone Methods	Prone Methods	Prone Methods	Prone Methods
Toggle Recoil; Spinous-Transverse (Palmer)	Toggle Recoil; Spinous-Transverse (Palmer)	Toggle Recoil; Spinous-Transverse (Palmer)	Toggle Recoil; Spinous-Transverse (Palmer)
Crossed Pisiform (Diversified)	Crossed Pisiform (Diversified)	Crossed Pisiform (Diversified)	Crossed Pisiform (Diversified)
Single Hand - Spinous contact (Gonstead)	Single Hand - Spinous contact (Gonstead)	Single Hand - Spinous contact (Gonstead)	Single Hand - Spinous contact (Gonstead)
Side Slip (Thompson)	Side Slip (Thompson)	Side Slip (Thompson)	Side Slip (Thompson)

L1	L2	L3	L4
Prone Methods	Prone Methods	Prone Methods	Prone Methods
Toggle Recoil; Spinous-Transverse (Palmer)	Toggle Recoil; Spinous-Transverse (Palmer)	Toggle Recoil; Spinous-Transverse (Palmer)	Toggle Recoil; Spinous-Transverse (Palmer)
Double Thenar (Diversified)	Double Thenar (Diversified)	Double Thenar (Diversified)	Double Thenar (Diversified)
Side Posture Methods	Side Posture Methods	Side Posture Methods	Side Posture Methods
Sustained Toggle (Thompson)	Sustained Toggle (Thompson)	Sustained Toggle (Thompson)	Sustained Toggle (Thompson)
			Spinous--Mamillary Push (Gonstead)
			Spinous--Mamillary Pull (Gondstead)
			Seated Methods
			Seated Lumbar (Thompson)

L5	Sacrum	Ilium
Prone Methods	Side Posture Methods	Side Posture Methods
Toggle Recoil; Spinous-Transverse (Palmer)	Sacral Tubercle Contact (Gonstead)	PSIS Contact Push (Gonstead)
Double Thenar (Diversified)	Intermediate Sacral Crest Contact - involved side up (Gonstead)	PSIS Contact Pull (Gonstead)
Side Posture Methods	Intermediate Sacral Crest Contact - involved side down (Gonstead)	Acetabular Rim Contact Push (Gonstead)
Sustained Toggle (Thompson)	Intermediate Sacral Crest Contact Pull (Gonstead)	Acetabular Rim Contact Pull (Gonstead)
Spinous--Mamillary Push (Gonstead)	Prone Methods	Prone Methods
Spinous--Mamillary Pull (Gondstead)	Sacral Notch Contact (Diversified)	PSIS Contact (diversified)
Seated Methods	Sacral Tubercle Contact (Gonstead)	Ischial Tuberosity Contact (diversified)
Seated Lumbar (Thompson)	Intermediate Sacral Crest Contact (Gonstead)	Bilateral PSIS and Ischial Tuberosity Contact (Thompson)
	Third Sacral Tubercle Contact (Pierce)	Toggle Recoil PSIS Contact (Palmer)
	Sacral Apex and PSIS Contact (Thompson)	Ishcial Tuberosity Contact Toggle Recoil (palmer)
	Toggle Recoil (Palmer)	Supine Methods
		Pubic Tubercle Contact (Pierce)
		Pubic Tubercle Contact (Thompson)
		ASIS Contact (Thompson)
		Knee and ASIS Contact (Thompson)