

CHIROPRACTIC

Diversified & Gonstead Techniques

- ACHIEVE IMPROVED WHOLE BODY HEALTH & MOBILITY
- PAIN REDUCTION
- OPTIMAL PERFORMANCE



CHIROPRACTIC

Chiropractic is a health care profession that focuses on disorders of the musculoskeletal system and the nervous system, and the effects of these disorders on general health. Chiropractic services are used most often to treat neuromusculoskeletal complaints, including but not limited to back pain, neck pain, pain in the joints of the arms or legs, and headaches.

MOST COMMON CONDITIONS

- BACK PAIN
- HEADACHES, MIGRAINE/TENSION
- POSTURAL ISSUES
- SCIATICA
- INJURIES (WHIPLASH/SPORTS)
- COLIC/EAR INFECTIONS
- DISC HERNIATION
- EXTREMITIES (TENDONITIS/SPRAIN/STRAIN/
FROZEN SHOULDER/CARPAL TUNNEL)

WHAT IS SPINAL MANIPULATION?

The purpose of spinal manipulation is to restore joint mobility by manually applying a controlled force into joints that have become hypomobile – or restricted in their movement – as a result of a tissue injury. Tissue injury can be caused by a single traumatic event, or through repetitive stresses. In either case, injured tissues undergo physical and chemical changes that can cause inflammation, pain, and diminished function for an individual. Manipulation, or adjustment of the affected joint and tissues, restores mobility, thereby alleviating pain and muscle tightness, allowing tissues to heal.

TREATMENT PROTOCOL

To achieve your health goals it is vitally important you follow the recommendations given to you at each visit. Each adjustment builds on the one prior, creating a healing momentum. As your adjustments hold and your health improves your visit frequency is reduced. Throughout your course of treatment there will be periodical reviews and further recommendations will be made that pertain to the maintenance of your results. Each patient is treated as an individual with unique circumstances and needs and treatment plans will be customized to suit those needs.