**Home Page**

**Providing Superior Health and Balance Through Chiropractic**

As a chiropractor, we understand that although our patients may be diagnosed with the same condition, they respond very differently to treatments. For this reason, we tailor a specific plan of action to meet your needs, goals & unique medical and physical condition.

Finding a chiropractor who understands changing health care needs and the most current techniques and approaches to addressing health problems can be a daunting task. We hope that you will find this site helpful in learning more about our gentle chiropractic care as well as the ways that it can improve the quality of your life.

Our Practice

**A Beautiful Chiropractic Office For All Your Wellness Needs**

**Facility**
We are proud to provide a state-of-the-art facility for the highest quality chiropractic care available. It is one of our top priorities to protect the well-being of our valued patients. We are confident that you will feel right at home in our office as we welcome all patients as if they were family.

**Appointments**
If you would like to make an appointment, please contact our office by phone or email. Our office facilitates communications and emergency calls and appointments are available and welcome, especially for new patients seeking help.

**Financial**
We will be more than happy to submit all insurance forms for you and help you recover the most from your benefits. We will do everything we can to help you afford the treatment you need and want. Forms of payment accepted by the office are check, cash, or any major credit card.

**Cancellation**
If you are unable to keep an appointment, we ask that you kindly provide us with at least 24 hours notice. We ask for this advance notice so that we can offer this appointment to another patient. A fee may be charged if a patient does not show up for an appointment without sufficient notice.

**We would like to take this opportunity to thank you for choosing our practice for your chiropractic care.**

Adjustments and Manipulation



Adjustments, or manipulation as they're sometimes referred to, are the minor movement of vertebrae in the spine. The objective of this movement is to realign vertebrae that have moved out of place for a number of reasons ranging from normal daily activity to trauma such as a car accident.

When these vertebrae are out of place, it has an overall systemic effect from muscular to the central nervous system. Without proper alignment and flow of all nerves and systems in the body from the brain, we can't function at our peak.

An adjustment is often a pressure from the chiropractor utilizing the hands or an instrument to move a vertebrae back into place. This happens with a quick movement and is often without discomfort. You may hear a noise that sounds like you're cracking your knuckles referred to as joint cavitation. It is the release of gases such as oxygen and nitrogen from the joint.

Overall, adjustments are an excellent way to keep the body functioning at its highest level. When the body is in alignment, the body is able to respond and perform as it was designed to.

Massage Therapy

**Chiropractic massage is an excellent method for improving overall health and musculoskeletal efficiency. Massage has a number of beneficial effects on the body and the mind. Some of these include removal of toxins that can build up in the muscles of the body, increased circulation, and increased flexibility in not only the muscles, but also the connective tissue within the body.

Massage also can help with muscle spasms as well as soft tissue injuries. Increasing the movement and reducing the overall recovery time by helping the body in the healing process. In addition, consistent massage has been known to increase balance.

Chiropractic Massage has proven to assist in the healing of a large number of conditions including back pain, surgery recovery, eating and sleep disorders as well as high blood pressure and diabetes among others.

Call Us Today To Book Your Massage!**

**What is Chiropractic Massage Therapy?**

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**Benefits of Chiropractic Massage Therapy**

**Benefits of chiropractic massage therapy**:

The benefits of massage therapy are well noted. Throughout the years, massage therapy has been known to fight a large number of conditions. Some of the benefits of this therapy include, relief from joint and muscle pain, increased blood circulation as well as stress and depression reduction. Massage Therapy has also been known to detoxify the body and remove waste and toxins from the body. The overall result that is sought after in massage therapy is the ability to bring the body to its natural state with increased healing capabilities.

**For preventative health**:

Consistent manual massage at least once per month has a host of preventative benefits. To prevent the body and mind from disease, we must take a comprehensive approach that includes nutrition, massage therapy, exercise and overall chiropractic care. In keeping with this mentality and regimen, you will have a significantly higher chance of relieving stress and minimizing pain and injury. In addition, the ability for you to fend off disease will be increased as your body will be in top form!

**Recommended for**:

Chiropractic Massage Therapy is recommended for a number of conditions and illnesses. Some of the conditions it is recommended for include: arthritis, tmj, immune system issues, muscle spasms, insomnia, fibromyalgia and many others. It remains an excellent way to help the body heal itself and rid itself of any potential toxins that build up in the system.

Different Types of Massage Therapy

**Lymphatic Massage** - The Lymphatic system’s job is to detoxify bodily fluids before they are circulated into the blood stream. The Lymphatic system moves the fluids through the body and then to the liver. Toxemia and swelling is a result of the Lymphatic system not working properly. Lymphatic massage reduces muscle swelling, which increases blood flow, which in turn supports proper Lymphatic system functioning.

**Relaxation Massage** – The goal of a relaxation massage to is relax you. This type of massage is gentle and less intense that some of the other styles. The therapist gently works the upper layers of the muscle tissue to increase relaxation. Relaxation massage is a total experience as it is preformed in a dim setting, with candles and sometimes with scented oils.

**Myofascial Release** - Myofascial release involves applying gentle, sustained pressure to the Myofascial connective tissue restrictions. The massage relaxes the contracted muscles and increases venous and lymphatic drainage. Myofascial release treats somatic dysfunction and relieves the accompanying pain and limited range of motion.

**Sports Massage** — Sports massage works on the connective tissue and deep muscle structures. The massage is applied using hard and deep strokes, combined with finger pressure. Sports massage is specifically designed to increase flexibility and prevent injuries. It is specifically designed for the types of injuries obtained during athletic activity.

**Swedish massage** - Swedish massage increases blood circulation to more than 4 times its normal rate. The massage releases the stagnant toxins stored in the muscle fibers. The result is fresh oxygenated blood flow into the muscles, that boosts energy levels.

**Warm Stone Massage** – Warm stone massage is a unique approach that uses warm river stones in strategic spots to relax the muscles and increase circulation. Combined with manual massage, this treatment is guaranteed to cure what ails you.

**Rehabilitative Massage** – Rehabilitative massage is designed to support healing of injuries and restoring full range of motion. Active Release, Myofascial Release, and Neuromuscular Therapy are examples of rehabilitative massage techniques that locate the source of spasms and tension. The therapist focuses on these muscles to restore them to their natural state.

Deep Tissue Massage

While many massage techniques induce relaxation with soothing and gentle kneading, deep tissue massage involves more intense muscle manipulation, but offers proven healing that can restore mobility and relieve chronic pain.

Unlike most traditional massage that promotes whole-body relaxation, deep tissue massage is often used to target specific trouble spots after an accident or injury has left the client stiff and sore, as in instances of whiplash or falls.  Repetitive- strain injuries, like carpal tunnel syndrome, benefit from deep tissue massage therapy, as well as those suffering from conditions like fibromyalgia and osteoarthritis that can cause achiness, inflammation and limited ease of movement.  Chronic pain, muscle spasms and tenderness during recovery after an accident can all be effectively treated with therapeutic deep tissue massage.

Before a deep tissue massage, a trained and certified massage therapist will discuss the client’s accident, injury or complaints of generalized stiffness, gaining an understanding of how the pain or injury is impacting the client’s daily life and what he or she is hoping to gain from the massage therapy.  The massage itself will be customized to the specific needs of the client, focusing on the stiff, sore and achy areas that are of the most concern.

Deep tissue massage works by breaking down muscle adhesions that often build up after an accident or are the result of a chronic illness.  By applying intense, controlled pressure and friction to an afflicted area across the grain of the muscle, deep tissue massage relaxes rigid tissue and relieves the pain associated with stiff muscles, ligaments and tendons.  Deep tissue massage may cause some discomfort and therapists encourage their clients to keep them informed about their comfort level and pain tolerance during deep tissue therapy.  Therapists may encourage their clients to apply ice to tender spots following a deep tissue massage.  Some soreness the day after a deep tissue massage can be expected, though the discomfort should pass in a day.

Relaxation Massage

Indulgent and soothing, relaxation massage may not provide therapeutic treatment, but the psychological benefits of the deep relaxation it provides are equally beneficial to body, mind and spirit.  Intended to relax tense muscles and ease stress, relaxation massage is the perfect antidote to workweek stress and a wonderful way to unwind.

Relaxation massage is typically performed in a temperature-controlled room with a soothing ambiance, delicate lighting and relaxing music playing in the background.  The client lies comfortably on a massage table, undressed, but adequately draped with a large sheet.  Usually performed in a salon environment, relaxation massage is also popular at resorts and hotels, and many offer spa services like relaxation massage in private cabanas for the ultimate luxurious treat.

Relaxation massage is entirely customizable.  The massage therapist will tailor the massage to the needs and preferences of the client and increase or decrease pressure accordingly.  Gentle and soothing, relaxation massage involves rubbing and kneading of the upper tissue layers, inducing deep relaxation that can often lull clients to sleep.  Relaxation massage focuses on the neck muscles and shoulders, where much tension is held, as well as the muscles of the back, legs and feet for head-to-toe soothing.  Fragrant oil aromatherapy is often combined with relaxation massage for a holistic and nurturing sensory experience.

Following a relaxation massage, clients should feel relaxed, pampered and recharged.  In the hours following a relaxation massage, clients are encouraged to drink plenty of water to help flush toxins and to rehydrate the body.

Thai Massage

Heralded for centuries in the East for its energizing and restorative effects, Thai massage is gaining popularity in the West as people discover this unique and powerful form of massage.  Sometimes called “assisted yoga,” Thai massage involves easing the client into various assisted stretches to deepen muscle relaxation.  Vigorous and stimulating, Thai massage is as energizing as it is relaxing.

Thai massage is performed on a padded mat on the floor and the client remains fully dressed, preferably in comfortable clothing that permits free movement of the limbs.  Unlike other forms of massage, no oils are used during Thai massage.  Instead, the body is carefully manipulated into deeply relaxing stretches and poses at the hands of a trained massage therapist.

During Thai massage, a massage therapist will carefully engage the use of his or her hands, knees, feet and body weight to vigorously stretch and deeply sooth muscles with specific poses designed to effectively relax and work the kinks out of tense muscles.  The effect is deep relaxation, renewed energy and an overall feeling of well-being.

The benefits of Thai massage have been appreciated since it was first reportedly used over 2500 years ago in India by the personal physician to Buddha.  As with most forms of massage, Thai massage promotes relaxation and eases stress, but Thai massage is unique in its ability to increase flexibility and range of motion, as well as improve overall circulation.  Many clients also report that Thai massage helps them to feel emotionally and mentally centered, as well as rejuvenated and relaxed.

Swedish Massage

Considered the perfect balance of therapy and relaxation, Swedish massage is universally popular for its gentle yet effective results and benefits.  Swedish massage is the perfect “beginner’s massage,” providing gentle pressure and friction that soothe sore muscles and loosen tight joints.  Among its many benefits, Swedish massage effectively eases tension, wipes out stress and promotes deep relaxation.  For stubborn stiff spots, Swedish massage therapists can provide a bit more intensive massage to provide relief, but for chronic pain, it may be best to request a deep tissue massage, depending on the condition.

Swedish massage is performed on a massage table with the client undressed and draped in a sheet for comfort and privacy.  Using massage oils to lubricate the skin, Swedish massage consists of massage strokes that vary from smooth gliding to kneading, stretching and tapping.  The pressure and amount of friction used during a Swedish massage can range from light to firm, depending on the preference of the client and the goals of the therapist.  As with any massage procedure, the client’s comfort level is of the highest importance and clearly expressing touch and pressure preferences to the therapist can only enhance the overall experience and increase the effectiveness of the massage.

Burn Scar Massage

Combined with traditional medical treatment, burn scar massage therapy is an effective means to controlling the development of scar tissue and helping burn victims to heal more quickly with full range of motion and less itching and pain.  When a burn occurs, the injury may take months to fully reveal itself in scarring and loss of mobility.  Burned skin needs special care and burn scar massage therapy is a highly-effective tool for promoting health, healing and skin rejuvenation.  Soothing and restorative, this type of massage helps to keep burned skin soft and supple as it heals and helps burn victims to enjoy better functioning in their daily lives during recovery.

Once a burn scar has matured past the threat of shearing, or pulling away from healthy tissue, many doctors advise their patients to undergo burn scar massage therapy as a part of their recovery treatment plan.  Performed at least once a day during the critical healing period, burn scar therapy combines gentle massage strokes, pressure, skin moisturizers and heat.  The result is more flexible skin, less pain and itching and less-noticeable scarring.

Hot Stone Msassage

Intensely comforting and remarkably gentle, hot stone massage is a unique pampering experience that is perfect for those who prefer a lighter massage with many of the benefits of deep tissue work.  With hot stone massage therapy, the heat conducted by the smooth stones used during the massage loosen and relax tense muscles, promoting deep relaxation that allows a massage therapist to manipulate the muscle intensely without causing pain or discomfort.

Hot stone massage is a variation of traditional massage techniques and engages the use of smooth stones containing basalt, which retains heat well.  The smooth, rounded stones are heated in water to the ideal temperature and then placed in optimum spots on the body, such as the spinal column, and placed in the palms of the hands and between the toes.  The stones are also often used as massage implements and help massage therapists deeply massage the muscles with minimal discomfort.  Many hot stone massage clients enjoy the comforting warmth provided by the stones, making this type of massage very popular.

Hot stone massage offers many benefits.  The warmth of the stones is welcomed by clients with cold feet, and the heat can spread warmth and also increase circulation throughout the body.  Hot stone massage effectively zaps tension and stress and many report its ability to alleviate symptoms of disorders like depression, insomnia and arthritic stiffness.

Sports Massage

Though originally designed to help athletes perform at optimum levels during games, sports massage is growing in popularity as an effective treatment for sport-related injuries or limited range of motion for people of all ages and fitness levels.  Sports massage focuses on a client’s trouble spots, like shoulder soreness after eighteen holes of golf, or a tender hamstring just before a big race.  Sports massage therapists understand sport-related injuries and can help minimize pain, speed recovery and help clients perform their best at their favorite activities with full range of motion.

There are four variations of sports massage and choosing the right one is based on the client’s current level of discomfort and upcoming athletic events:

* Pre-event sports massage involves a vigorous and stimulating Swedish massage that targets the muscles that will be used during the upcoming event, boosting circulation and revving up energy levels with brisk massage techniques that invigorate.
* Post-event sports massage is designed to help the athlete wind down after intense physical exertion, targets muscle soreness and helps to normalize body tissues and prevent muscle stiffness the next day.
* Restorative sports massage is provided during training to keep an athlete at peak performance level.  Muscles are kept warm and supple, enabling more intense exertion during training time and minimizing the risk of injury.
* Rehabilitative sports massage is aimed at treating sports injuries and speeding recovery time.  Targeted at a specific trouble spot, rehabilitative sports massage helps increase circulation and protect range of motion.

Pregnancy Massage

Attending to the unique needs of expectant mothers is the goal of every pregnancy massage.  Certified pregnancy massage therapists are specially trained to tailor their massage techniques to help alleviate common pregnancy complaints and to protect both mother and child during the massage.

Pregnancy massage is unique in its application.  During the massage, the expectant mother is carefully supported by cushions and pillows in order to provide superior comfort and to protect her and the baby from strain or injury.  Pregnancy massage is especially gentle, and deep tissue techniques are never used as a safety precaution.  Many areas of the body are avoided during pregnancy massage to protect mother and child and extra attention is given to areas of the body that are particularly affected by pregnancy, like the feet and back.  To protect mother and baby, pregnancy massage is not advised during the first trimester, but can provide welcome relief later on, especially during the last few months of pregnancy.

The benefits of pregnancy massage are numerous.  The gentle kneading massage can be supremely comforting both physically and emotionally to an expectant mother, and the psychological benefit itself can be quite therapeutic.  In addition to stress and anxiety reduction, pregnancy massage can help reduce expectant mothers’ common aches and annoyances, like swollen ankles and lower back pain.

Youth Massage

For children of all ages, physical touch is enormously beneficial.  Lack of physical contact can lead babies to fail to thrive and cause depression and emotional disorders in growing children.  For so many reasons, youth massage is a beautiful gift to provide to any child.

Infant massage has been regarded for centuries as a vital aspect of a healthy life.  Touch is among the first of the senses to develop in newborns, and babies respond positively to human touch both physically and emotionally.  Massage therapists trained in infant massage understand the special needs of small children and provide soothing massage that is nurturing and enjoyable to babies.

Children of all ages can benefit from regular massage as a stress reducer.  Stress has been linked to immune system functionality, and regular massage has proven benefits in combating illness from asthma to eczema by boosting immunity and reducing stress.  In addition, youth massage provides much-needed human touch that helps to promote healthy emotional development.

Children with special needs can benefit greatly from regular massage.  Attention deficit hyperactivity disorder, or ADHD, can be regulated with massage by a trained youth massage therapist, and many clients report increased ability to focus and maintain better self-control in school with the help of massage.  Youth massage can also help children fall asleep more easily, sleep more soundly and enjoy feelings of alertness all day long.

Therapeutic Exercise



**PARTIAL SIT UP**
Partial sit ups are recommended for people with back pain. The same muscle groups are worked out without putting stress on the lower back. You will start just like a regular sit up with your back on the floor, both feet on the floor, and your knees bent. Raise your head, neck, and shoulders off of the floor and hold that position for 5 seconds. This exercise will strengthen your core and is simple to do. Repeat as many times as you can, with a goal of increasing your reps each day.

**KNEE TO CHEST**
You start this exercise the same way like the partial sit up. Begin the exercise by drawing one of your knees to your chest, using both hands (only one foot is now on air). Hold to the count of 10, then slowly release it to the rest position. Do 4-5 repetitions, and then repeat with your other leg, then both legs at the same time. This exercise stretches your glutes and back.

**HIP ROLL**
Start this exercise flat on your back with your arms extended out to the side. Bend your knees and lift your feet off of the ground. You will now rotate your hips to the side so that your legs become parallel with the floor. Rotate from side to side for 5-10 repetitions. This is another core exercise that strengthens your abdominal muscles.

**LOW BACK EXTENSION**
Start by laying flat on your stomach with your hands to your side. Lift your head and upper body off of the ground by using the muscles in your lower back. Hold this position for 4-5 seconds and then lower yourself back down. Repeat 10-15 times.

**CAT-CAMEL**
Position yourself on all fours with hands directly beneath your shoulders and knees directly beneath your hips with your back straight. Use your abdominal muscles to push your back towards the ceiling, arching it like a cat. You should notice your head will point down towards the floor. Next, drop your back so that your lower back extends. Your head should raise when doing this. Make sure to keep your elbows straight the entire time, the only movement should be in your spine. Repeat this 12-15 times.

**BACK EXTENSION**
This exercise is best performed with a stability ball. Lay with your stomach on the stability ball with your hands behind your head. Tighten your abdominal muscles and use your lower back muscles by contracting your glutes to lift your shoulders and chest off the ball.

**SUPERMAN**
Lie face down with your arms extended above your head. Tighten your abdominal muscles and lift your arms and legs off the ground. It should look like you are in a Superman like flying position. Hold this for about 30 seconds and then release. You may be tempted to hold your breath when clenching your abdominal muscles. DON'T! Control your breathing while holding this position.

**DOUBLE LEG LIFTS**
Using a stability ball, lay face down with your hands on the floor in front of the ball. Raise both legs off of the floor until your body is horizontal and hold the position for about 10 seconds. Lower your legs back down to the floor and repeat 5-10 times.

**SPINAL ROTATION**
While seated in a chair, reach one arm across your stomach and grasp the opposite side of the chair. Look over the shoulder while rotating the low- and mid-back. Hold for 15-30 seconds.

**EXTERNAL SHOULDER ROTATION**
Start by lying on your right side with your right arm folded under your head. Your upper left arm should be parallel to your torso, bent at the elbow so that your forearm is lying across your stomach with your hand on the floor. By rotating your left shoulder, raise your forearm so that it is perpendicular to the side of your body.   Switch to your other side and repeat. This exercise can also be performed with a dumbbell.

**INTERNAL SHOULDER ROTATION**
Lay on your right side, like in the external shoulder rotation, but keep your right hand free this time. Keep your right arm next to your body and bend at the elbow. Rotate your shoulder to move your forearm. It will start flat on the floor, and then you will rotate it into your body so that your forearm is flat across your stomach. Repeat this motion 10-15 times and use a dumbbell if you prefer.

**LATERAL DELTOID RAISE**
Start with your arms to the side of your body, palms facing the thighs. Tighten the abdominals, bend the knees slightly, and position the feet about shoulder-width apart. Raise your arms straight out to your side until they are shoulder height. Hold that position briefly, and slowly return your arms to your sides.

**FRONT DELTOID RAISE**
Start with your arms in front of your body, palms facing the thighs. Tighten the abdominals, bend the knees slightly, and position the feet about shoulder-width apart. Raise your arms straight out in front of you until they are shoulder height. Hold that position briefly, and slowly lower your arms.

**SINGLE-ARM LAT PULLDOWN**
Begin with both hands overhead holding an elastic resistance band. Engage the abdominals, bend the knees slightly, and position the feet about shoulder-width apart.

Pull downward to the side with one arm, adducting at the shoulder until the upper arm is next to the torso. Pause, then return slowly to the starting position. Keeps your arms slightly in front of the face to protect the back and shoulders.

**STABILITY BALL PUSH-UPS**
Start with the ball under your stomach and your hands on the floor in front of you. Roll forward slowly until your shins are balancing on the stability ball. Now perform pushups as your normally would by bending at the elbow.

**SIDE LUMBAR BRIDGE**
Lie on one side with your legs straight. Support the upper body by keeping the elbow directly beneath the shoulder. Being careful not to let the top hip rotate forward, engage the abdominals and use the torso to lift the hips. Hold this position for 10 to 15 seconds, maintaining a neutral neck and spine position.

**SINGLE-LEG REVERSE CURL**
Lie on your back with one knee flexed and foot flat on the floor and the other leg straight out slightly raised off the ground. Extend arms flat along body and maintain neutral alignment in the cervical spine.

Lift the working knee and leg in an upward diagonal direction over the belly button. Pause, then slowly lower the leg to the starting position. Repeat with other leg.

**CRUNCH W/ STABILITY BALL**
Lay down with your back on the stability ball and your hands behind your head or folded across your chest. Maintain a backwards-pelvic tilt and raise shoulder blades off the ball, return to the starting position, and repeat.

**NECK FLEXION**
Stand facing the wall and hold the stability ball at forehead height. Use your neck muscles to push your forehead into the stability ball. Relax and repeat.

**NECK EXTENSION**
Stand facing away from the wall and hold the stability ball behind your head. Push back of head into the ball.

**NECK LATERAL**
Stand sideways to the wall. Hold the stability ball above your shoulder at the side of your head. Push side of heads laterally into the ball.

**Neck Stretches**
Bring your ear to your shoulder

1. Let your neck to sit in that position for 5 to 7 seconds
2. Force your ear toward your shoulder.
3. Feel the stretch of your neck muscle on the opposite side.

Same principle as the exercise before...

1. Bring head back as if you are looking toward the ceiling.
2. Feel the stretch in the muscles located on the front part of your neck.

If this exercise causes dizziness, fainting or loss of balance… **STOP THE EXERCISE AND CONTACT YOUR PHYSICIAN.**

1. Rotate your head toward your (R or L) shoulder and then
2. Nod your head down and you will feel a stretch on the opposite side of which you are looking. Just hold for a few seconds and repeat.

Neck exercises for strength

1. Put your hand on your forehead and force your forehead against your hand to provide resistance. You can do this in several sets of 6, 8, or 10 repetitions.
2. Place your hands on the back of your neck and force your head back while providing resistance with your hands.

Do these exercises in several sets of 6, 8, or 10 several times a day and you will be surprised at the amount of flexibility that returns in a couple of months.

Custom Foot Orthotics

Orthotics are a great way to help with issues related to walking and alignment. Some of these include but are not limited to knee, foot and lower back pain. The need for orthotics is often related to an issue with the natural functioning of the foot. Orthotics will often help to realign the bones within the foot and ankle and therefore take pressure of other parts of the body such as the back, neck, shoulders and hips. In addition, orthotics will help with distributing your weight properly and take further pressure off of toes, bunions and other parts of the foot.

Orthotics are really for anyone with an issue or discomfort relating to walking or imbalances in the body that are known to cause related pain. The great benefit of orthotics is that they can be worn on a daily basis and be utilized during most activities to take further stress of the body.

Orthotics can often be prescribed by your chiropractor and can last well over a year in most cases. This is a great investment into your overall health and well being via a biomechanical standpoint.

Ask Us About Getting Yourself Started With Orthotics Today!

X-Ray



X-rays are often taken on most patients to give the doctor an inside look at what is going on with the bone structure of the entire spine and surrounding skeletal structure. From this x-ray, the doctor can tell your current spine angles as well as any potential further issues including the potential for additional information such as an MRI.

Electrical Muscle Stimulation

Electrical Muscle Stimulation is an exceptional way to help the body in the healing process. This is accomplished by sending a very small electrical current into the affected soft tissue injury or muscle spasm. The therapy utilizes this current in an effort to help reduce swelling and release trigger points that may have the muscle locked up. It does this by helping the body to release natural relievers of pain often referred to as endorphins.

This is a great therapy if there is a spasm in a back or neck muscle. It works well in relaxing the muscle and allowing it to return to its normal state rather quickly. Short therapy sessions are excellent at facilitating healing from acute and chronic pain.

Ask Us About Electrical Muscle Stimulation Today!

Cryotherapy

Cryotherapy is an excellent way to help with muscle spasms in the body. This therapy is well known to help numb painful areas as well as provide a cooling relief to affected soft tissues. The therapy consists of applying cold compresses on to the skin to effectively reduce the temperature of the skin as well as constrict the blood vessels in the area.

If you are suffering from a muscle spasm or just recently had a soft tissue injury, cryotherapy is an excellent way to help reduce swelling and further injury in the early stages of your healing process. This therapy is rather inexpensive and is something that can be done at home as well as in the office.

**Interferential Electro-Therapy**
Inferential Electro-Therapy is an excellent method of helping the body deal with spasms, sprains, and issues related to soft tissues. This therapy accomplishes this with a very low simulated frequency that is put on the soft tissue. The feeling of this therapy is very light and most patients feel very comfortable during the treatment.

In addition to this therapy simulating the body's natural healing method by helping it to produce natural pain killing endorphins, it also helps with the release of these strains, spasms and soft tissue issues.

Ask Us About This Therapy Today!

**Cold Laser Therapy**

Cold Laser Therapy is an excellent treatment that is often utilized to treat a wide array of conditions and pain. This therapy allows the body to naturally heal itself by utilizing a combination of electric stimulation and cold laser technology. This low level laser therapy consists of a light-emitting device that can be utilized on many different parts of the body.

In addition to simple back and neck pain, cold laser therapy has been utilized for a number of inflammatory conditions such as arthritis, tendonitis and sprains. The number of conditions that have been notably increased in the usage of this therapy include carpal tunnel syndrome, wound management, shoulder and neck injuries, muscle and joint pain, as well as a long list of others.

Ask Us Today About Utilizing Cold Laser Therapy Treatment in your road to health!

**Spinal Decompression**

Until you experience a back injury, you have no real understanding of how debilitating it is. Virtually every movement uses one of the back or adjoining muscles. Back pain sufferers experience numbness, weakness, and reduced functioning of the limbs. Back pain interferes with work, sleep, and relaxation as well. If your injury progresses to the point where the disc material moves into spaces occupied by nerves, you are facing back surgery…well until now that is. With the inception of the DRX9000 and the ABS spinal decompression machines, patients now have a non- surgical option to relieve the nonstop pain they have been experiencing.

The technology today appears to be a dream come true for those who suffer with compressed disks. Some may say that it is too good to be true, but research indicates that 92% patients report overall improvement; of these, 5% improved 25-50%; 17% improved 50-75%; 70% improved 75-100%. (Gose, Naguszewski & Naguszewski , The Journal of Neurological Research, Volume 20)

As more people are experiencing relief and full recovery using the technology available, this dream becomes a reality. If you have tried with chiropractic manipulations, physical therapy, drugs, and do not want to assume the risks associated with back surgery, then spinal decompression is the next logical choice.

**What is Spinal Decompression**

There has been much information in the media recently about the merits of spinal decompression.  In order to appreciate the merits of the new technology, you must first understand the condition it treats.

Spinal decompression puts negative pressure on each disk, to alleviate the pressure and pain associated with compressed disks. When a disk is compressed, the disk material moves from its place between each disk, into the space occupied by the sensitive nerves. When the nerves become crowded, the patient experiences great pain and pressure. This pain is not alleviated by even the strongest of pain medications. Many times, the condition warrants the use of highly addictive medications, such as morphine to mask the pain long enough to give the patient some relief. Long term however, the risk for addiction increases, while the source of the pain is untreated.

Surgery attempts to treat the condition by shaving the part of the disk to create room for the material that is crowding the nerves. Spinal decompression eliminates the source of the pain, therefore eliminating the need for risky spine surgery and the subsequent months of down time post surgery.

**What is the DRX9000**

The DRX9000 is an innovative technology that uses spinal decompression to treat various spinal conditions. It is being hailed as a state of the art alternative to invasive and risky back surgery. Axiom Worldwide developed the technology and it has received FDA clearance for treatment of back pain. The DRX9000 is effective in treating herniated discs and degenerative disc disease. It has also shown to be effective in treating sciatica. It should be noted that not all patients are good candidates for the DRX9000. Your chiropractor will evaluate each patient independently.

The DRX9000 uses traction to slowly and gently elongate the spine to increase the intervertebral disc spaces. The process is precise, which eliminates the risk for additional injury. The machine is computer controlled and programmed by a trained professional.

The treatment usually takes two weeks of daily sessions, and then 3 weeks of 2-3 sessions. In several clinical trials, 86% of the test subjects reported immediate resolution of their pain following treatment. Of those 86%, 90% reported lasting pain relief beyond 90 days. Non-surgical spinal decompression therapy has been studied and discussed in several academic and industry papers.

Project Briefs: Back Pain Patient Outcomes Assessment Team (BOAT). In MEDTEP Update, Vol. 1 Issue 1, Agency for Health Care Policy and Research, Rockville, MD, Summer 1994.

Thomas A. Gionis, MD, JD, MBA, MHA, FICS, FRCS, Eric Groteke, DC, CCIC, Spinal Decompression, Orthopedic Technology Review Nov/Dec 2003, Vol. 5, No. 6

**ABS Spinal Decompression Machine**

The ABS system is a state of the art spinal decompression machine. The ABS machine treats disc bulge and herniation, disc degeneration, sciatica, spinal stenosis/arthritis and facet syndrome. The machine is computer controlled. The technician enters the treatment plan for the patient. The computer safely monitors the patient status. The ABS machine offers 4 different decompression programs. The ABS in unique in that it considers the diagnosis and spinal tolerance for each patient.  Negative inter-discal pressure is applied, which allows the herniated disks to be restored to their natural state.

The treatment consists of daily 20-minute sessions over a 5-week period. Relief is usually experienced after 6 treatments. A follow up study on the outcomes of decompression therapy found that, 71% of patients showed more than a 50% reduction in pain immediately after treatment, and 86% showed a 50% or better pain reduction at four years. After four years, 52% of respondents reported a pain level of zero. (Anesthesiology News, March 2003)

**DTS Therapy is an Alternative to Surgery**

You don't have to live in debilitating pain. Whether you have lower back pain, a pinched nerve, sciatica, neck pain, or a variety of symptoms related to damaged or degenerative discs, as well as syndromes of the lumbar and cervical spine, DTS Therapy may be for you.

This gentle, non-surgical therapy can provide lower back pain relief, sciatica pain relief, and is a state-of-the-art therapy for neck pain relief, bulging or degenerative disc disease, and lumbar pain.

The gentle distractive forces of the DTS therapy create a decompression of the spine with unloading due to distraction and proper positioning, to improve blood flow and nutrient exchange to the injured area. You'll experience several cycles of stretch and relaxation, which graduates to a peak over a period of several minutes.

Therapy sessions typically last less than 20 minutes, 3 times a week for 1 month, transitioning from passive to active treatments as you respond, with most patients feeling pain relief with as few as 6-10 treatments. Most patients are released from treatment after 8 weeks.

A complete program targeting the function of the stabilization muscles is a vital part of DTS Therapy. Exercise and adjunctive therapies such as heat, muscle stimulation, ultrasound, and cold therapy can assist in rehabilitation of these structures. Our goal is to not only help heal the disc, but to also enhance muscular control and support of the back and neck.

Regular home exercise and periodic visits to our office will help in maintaining your spinal health and reduce the probability of reoccurrence. Clinical results of this type of therapy have been effective in over 75% of the patients treated and most patients find long-term relief or effective management of their pain when they complete the entire program of treatments utilizing the DTS Spinal Decompression Therapy.

**Ultrasound**

Ultrasound is a therapy that is utilized in the office to handle injuries related to joints, muscle spasms, as well as most soft tissues. While it shares the same name, this ultrasound is not the same as the type of ultrasound utilized diagnostically to screen internally in the body. This ultrasound creates small sound waves that in effect vibrate and massage soft tissues and muscle. These sound waves do an excellent job in facilitating the body's healing process in addition to decreasing scar tissue formation.

Certain ultrasounds also create a heating effect to help relax the muscles or tightness in the body. This heat combined with the overall features of the ultrasound help to start the healing process at the most basic cellular level speeding up your road to recovery.

**Micro Current Therapy**

Microcurrent Therapy is an exceptional way to help heal the body, namely soft tissues. It is also an effective way to relieve pain within the body. The therapy utilizes very small amounts of current to produce signals that replicate those occurring in the body naturally. This current is very small and is almost unnoticeable to the patient.

This is a great therapy if there is a spasm in a back or neck muscle. It works well in relaxing the muscle and allowing it to return to its normal state rather quickly. Short therapy sessions are excellent at facilitating healing from acute and chronic pain.

**Manipulation Diathermy**

Shortwave diathermy emits comfortable heat by generating an electromagnetic field which brings soothing relief to many patients suffering from back pain, spasm, bursitis, arthritis, and other musculoskeletal conditions.

Diathermy also acts as a sedative to irritated nerves and induces relaxation and freer movement of muscles and ligaments. In addition to its healing benefits, diathermy helps make movement and stretching easier and less painful.

For instance, with an injured or inflamed joint such as sprained knees, hip, back, or frozen shoulder, the treatment objectives are to relieve pain, prevent stiffness, and restore restricted movement. Diathermy is frequently the most effective means for accomplishing these aims because the deep heat relieves the pain, relaxes the muscle fibers, and permits easier movement.

Diathermy also has a soothing and relaxing effect on the type of muscle spasms and contractures often seen in low back pain, rheumatoid arthritis, and some spinal disc problems. This type of heat, by going deep into the structures, can often bring about complete relief that lasts for hours and sometimes for days and weeks at a time. Spastic conditions of the stomach, gallbladder and intestines also often respond well to the application of diathermy.

**Acupuncture**



Acupuncture is an ancient Chinese medicine used to alleviate pain and promote overall health.  Acupuncture uses needles placed along invisible meridians that run throughout the body.  Today, acupuncturists also use lasers, magnets and electric pulses in addition to needles. Each meridian point has a specific meaning and can unblock and repair meridians and channels with vital energy or chi.   Through the stimulation of the meridians, an acupuncturist is able to restore balance and ergo health to the patient.



The art of acupuncture has taken thousands of years to develop and test.  Many patients compliment acupuncture with other therapies such as chiropractic care, massage, physical therapy and more.  This Chinese therapy is all natural and allows the body to repair itself with help from stimulating specific acupoints.  Acupuncturists believe in the importance of vital energy and it is this energy which helps to restore the energetic balance in the body.  When this balance is disturbed, patients are likely to feel sick or have pain.

Acupuncture involves more than just the obvious symptoms of a patient.  Acupuncturists evaluate all of the five senses, the manner in which the patient speaks, what he or she talks about, Chinese pulses and takes into account factors that may not necessarily be factors that Western doctors value as being important.  Many times, our physical pain comes as a result of an emotional imbalance rather than an actual injury or illness.  Acupuncture is now a widely accepted form of treatment especially for back and neck pains.

**Injuries**

**Workers Compensation**

Chiropractic is an excellent means of dealing with workers compensation issues. If there's an injury on the job and you've gone down the traditional medical road to be treated, it may be time to give chiropractic a try. Chiropractors are professionals at dealing with underlying issues that potentially could be missed by medical doctors. Locating the source of your injury could be the difference between fixing an issue and living with something for a long period of time.

In addition to being professionals at uncovering underlying issues, chiropractors handle the healing process without the need for addictive pain pills and potentially risky surgery. If you've been injured at work, make sure to go see a chiropractor for an initial consultation.

**Auto Injury**

Being in a car accident is a very difficult situation on a number of levels. Your pain is sometimes secondary to the aftermath of having your car at the mechanic as well as the stress of dealing with your insurance and potentially missing work.

While you are in a hurry to get your car fixed and back to normal activities, make sure to see your chiropractor before you make any major decisions. There could be underlying injuries that a minor stiff neck is not allowing you to uncover. A car accident is a major event and the trauma that comes from them could be significant.

Chiropractors are specialists in soft and hard tissue problems including the results that could come from the trauma from a car accident. Make sure you see your chiropractor to get a full examination.

**Sports Injury**

Professional sports figures are consistently reaching new heights in their professional careers. With each passing year, new records are shattered and the human body is pushed to its limits. Everyday athletes follow suit by pushing themselves harder, choosing rigorous training patterns, and taking their diets to a new level. Despite the meticulous care and training that athletes take, they experience musculoskeletal injuries.

Chiropractors are to athletes, just as Cardiologists are to those who suffer with cardiovascular disease. Chiropractors have specific training in evaluating and treating the injuries and ailments of athletes. Chiropractors can treat an injured athlete more effectively than a medical doctor, who is not well versed in sports injuries. In addition to treating athletic injuries, the chiropractor is skilled in aiding the athlete in injury prevention.

Athletes who receive treatment from a medical doctor find themselves frequently benched and on the sidelines. Others play and then spend hours after the game with ice packs and taking pain medication. Medical doctors do not treat the body as an integrated system, but rather treats each injury individually.

It has been said that chiropractic care most closely relates to the needs of the athlete because special attention is given to the spine, joints, muscles, tendons, and nerves. Chiropractic ensures that all pieces of the musculoskeletal system are working in harmony and in their healthiest, most natural state.

Professional athletes see such a great value in chiropractic treatment that they regularly have chiropractic well visits to prevent injuries. If you are an athlete or weekend warrior, chiropractic care will enable you to reach peak performance, without breaking yourself. Make an appointment with a chiropractor today.

**Personal Injury**

Personal injury is related to bodily harm that comes from being involved in any type of accident or mishap. The difference between personal injury and workers comp is that personal injury takes place outside of work. Chiropractors are professionals at uncovering underlying issues in personal injury accidents. Whether it be a single adjustment or a series of treatment, your chiropractor is one of the best options to get you healing on the right path and back to near perfect.

If you find yourself in a personal injury accident, make sure that you at least get a consultation with a chiropractor as you may have underlying issues that traditional medicine may have missed or took the wait and see approach on. Don't let your injury go unnoticed and cause major issues down the line.

**About Chiro**

**Allergies**
Chiropractic can help reduce the severity and the frequency of your allergies.(1) Chiropractic does not work like an anti-histamine as a direct, short term relief from allergies. Chiropractic allows your body to be better equipped to fight against allergies.

Allergies are a reaction by your immune system to an allergen (substances that normally have no effect on people) resulting in sneezing, coughing, congestion, hives, rashes, and in severe cases, seizure and anaphylactic shock. These symptoms are caused by the histamines your immune system creates in an attempt to protect your body against the allergen.

When your spine is misaligned it can impinge on the nervous system in your body. Studies have shown that the nervous system has an effect on the functionality of your immune system. When your nervous system is under stress and not functioning properly, your immune system cannot work at an optimal level. Chiropractors work with the nervous system by aligning the spine to relieve any stress on nerves. This allows the immune system to work at a higher level, making it easier to fight off infections while recognizing allergens. When your immune system recognizes allergens, it will not overreact to them, or at least not react as severely to them.

If you suffer from allergies, chiropractic can help you find relief. Schedule an appointment today.

**Disc Problems**
Intervertebral discs are positioned between the vertebrae in the spine. The outside of a disc is made from cartilage, and in the center is a jelly like solution. These discs serve many purposes, including allowing movement of the spine, creating space between the vertebrae, and acting as shock absorbers. The gelatinous middle allows the disc to compress and expand based on impact and movement. Trauma to the spine can cause the discs to herniated, bulge, become displaced (slipped disc), or even rupture. Trauma or direct injury to the area is not the only cause, however. As we get older, the discs can begin to weaken and dehydrate. These conditions can put pressure on the nerves around the spine and cause pain.

If you suffer from one of these injuries you should see a chiropractor. Surgery is risky, expensive, and requires recovery time. In many cases, you can experience relief from these conditions through chiropractic. By properly aligning the spine, pressure can be relieved on nerves and on the discs themselves. This will reduce and hopefully eliminate your pain and discomfort and allow you to live a normal lifestyle.

**Whiplash**
Whiplash is a common injury for people involved in car collisions. When a car is struck from behind or collides with another object, it causes the neck to snap back and forth violently. This causes the muscles and ligaments to overextend, leading to strains and/or tears. This is referred to as soft tissue damage, and can cause stiffness and soreness. Whiplash can also cause structural damage such as misaligned vertebrae, herniated, bulging or ruptured discs, or nerve damage due to the overextension from the violent movement.

Chiropractic can help with both types of injuries. Adjustments and alignments can be performed specifically for those who have been in car accidents and suffered from whiplash. The pressure on the discs and nerves is released when the spine is returned to its proper alignment. Chiropractic massage can be used to help relieve the pain and discomfort from soft tissue injuries. If you have been in a car accident, schedule an appointment with us before relying on pain medications and surgery. **Osteoarthritis**
Arthritis is a condition that is caused by the wearing down of the cartilage between joints. Some of the major joints that are affected are the knees, hips, back, neck, and hands/wrist. Arthritis can be painful and can cause the affected areas to not function properly. Arthritis in one area can cause arthritis or other problems in a different joint. For instance, if you have arthritis in your left knee, you may compensate for this by putting more pressure on your right side, leading to right hip problems.

Pain killers can cause temporary relief from pain and discomfort, but it is not a long term solution. Chiropractic can alleviate pain by releasing pressure on the nervous system with proper alignment. It can also restore proper joint movement, helping to ensure that you use proper motion so that you do not cause injury to other parts of your body. We are not concerned strictly with the affected area, but rather the body as a whole. We aim to restore and maintain proper movement and functionality to increase your overall well being.

**Joint Dysfunction**
Joint dysfunction occurs when joints become stiff and full movement is restricted. It can be caused by an injury, poor posture, overuse/underuse of a joint, muscle imbalance, as well as other factors. Like arthritis, joint dysfunction can cause pain in the joint and the surrounding muscles, and can also cause problems in other parts of the body due to overcompensation.

One common form of joint dysfunction is sacroiliac joint dysfunction, which occurs where the base of the spine meets the pelvis. It causes low back pain and prohibits movement. This condition is often misdiagnosed because the symptoms are similar to sciatica or a herniated disc.

Your chiropractor can properly diagnose this condition and provide relief. Using specific adjustments for the affected joint can return proper mobility and relieve pain. If you have joint pain, visit us for relief.

**Neck/Back Pain**
Pain along the spinal column in your neck or back is usually caused by subluxations, or misalignments of your vertebrae. A small misalignment can cause pain by causing pressure on nerves. Left untreated, these subluxations can cause muscle spasms and increasing pain. Chiropractic adjustments properly align your spine so that pressure on joints and nerves is released. It is a direct treatment for the cause of the pain, not a temporary relief like pain relievers or massage. If you are experiencing back or neck pain visit us today.

**Headaches**
Many people believe that headaches are caused by loud noise, being tired, or being stressed. While these are all factors that can lead to headaches, the direct cause is tightness in the neck and shoulders. The tightness can cause misalignments in the vertebrae of your neck, resulting in pain. 80% of all headaches originate from the neck. With a typical cervicogenic (neck origin) headache, a person usually feels pain starting at the base of the skull which radiates into the temples, eyeballs, and forehead. Massage of the neck and shoulder muscles can release tension, and a chiropractic adjustment can realign the vertebrae in your neck. Chiropractic can help eliminate the cause of your headaches rather than offering a temporary relief from the symptoms.

**Sciatica**
Sciatica is a condition that results when the sciatic nerve becomes irritated. Bulging discs, spinal subluxations, and muscle spasms can all cause increased pressure on the sciatic nerve. When this happens it causes pain, numbness, and weakness in the lower back and leg. To properly treat sciatica the cause of the condition needs to be diagnosed and properly treated. Your chiropractor can help you do this. **Pinched Nerve**
When a nerve is squeezed or compressed it is called a "pinched nerve". This can be caused by spinal misalignments, bulging or herniated discs, or other factors. The increased pressure on the nerve causes inflammation, pain, and sometimes muscle spasms. The pressure on the nerve must be relieved in order to alleviate the pain. An examination can reveal the cause of the pain, and an adjustment can relieve the pain by properly aligning the spine and addressing the cause of the pain.

**Carpal Tunnel Syndrome**
This condition is most commonly associated with people who are constantly using a computer. Typing is a motion that, when performed repetitively and with poor posture, can cause carpal tunnel syndrome. Symptoms include pain, numbness, weakness, or a burning sensation. The nerves in the fingertips travel through the wrist, up the arm, and into the neck. The spine is the center of the nervous system, and the pain in your hands and wrists can be relieved by your chiropractor with concentrated spinal and joint adjustments.

**Maintenance Care**
We have discussed many conditions that can be relieved through chiropractic. The best way to treat these conditions is to prevent them before they even start. Regular chiropractic visits can help to prevent physical problems and injuries from occurring. Other potential benefits of regular chiropractic visits are increased flexibility and mobility, higher level of energy, improved posture, more effective immune system, better circulation, and an overall better feeling of well-being.

**Fibromyalgia**
Fibromyalgia is a condition that we still do not know much about. There is no specific known cause, and it could be brought on by many different factors. The main symptom of fibromyalgia is chronic pain throughout the body, mainly located in joints. The pain may be achy, sharp, radiating, burning, or shooting and it may be mild or severe. Fibromyalgia has also been known to bring on other conditions like trouble sleeping, headaches, depression, and anxiety.

While there is no known cure for fibromyalgia, chiropractic treatment can help to uncover what may be causing the pain and also provide relief for the pain. The cause of fibromyalgia could be physical, mental, or emotional, so a full examination will be performed. Adjustments and chiropractic massage can be used to relieve pain from the affected areas. The added effects of chiropractic treatment such as increased energy levels, better circulation, and a stronger immune system can also help to fight the effects of fibromyalgia. If you are experiencing symptoms of fibromyalgia give us a call to schedule a consultation so we can establish a plan to start you on your road to recovery.

**What is Chiropractic?**

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**Taking A Natural Systemic Approach To Healing**

Chiropractic is an overall way of looking at the human body. It's based on the idea that the body is self-sustaining and self-healing. The body is in essence completely controlled by the brain through its connection via the spinal cord and the vast networks of nerves that make up the body. When this system is not functioning at its peak, the overall performance of the human body is lacking.

In the chiropractic world, drugs and medicine are not utilized as a form of treating a patient. While supplementation and nutrition are almost always a part of the bigger picture, drugs and prescriptions can be viewed as band-aids to treat symptoms rather than going to the source and treating the real problem.

While it's often perceived that the chiropractor is solely here to treat back and neck pain, this is simply a small piece of what the profession really is capable of handling. Chiropractors not only treat soft and hard tissue problems such as sciatica and joint pain, but are largely called on to deal with more significant issues. Some of these issues include fibromyalgia, allergies, insomnia, headaches and many more.

**History**



Did you know that chiropractic dates back to the time of Hippocrates? He believed that if the spine was misaligned, it greatly contributed to the health of an individual.

The modern day school of chiropractic dates back to 1895, when Dr. Daniel Palmer adjusted a man that had lost his hearing 17 years prior. The story goes that prior to losing his hearing the man had heard something pop in his back. Upon the adjustment of the man's misaligned vertebrae his hearing greatly improved.

While the medical community criticized this new technique for healing the body, the people who followed in these footsteps found an amazing new way of dealing with illness and disease. Dr. Palmer's theories are still discussed in the chiropractic industry today. Without this man's input into medicine in a time where he was greatly discredited, the millions of people today who enjoy the life changing benefits may never have had this opportunity. There is still a school named after Dr. Daniel Palmer as well as over 20 schools and thousands of chiropractic students across the country.

**How does it work?**

Chiropractic is based on the idea of removing imbalances both structural and postural in an effort to allow our body to heal itself. For this to happen the network of nerves and signals from your brain, down your spinal cord, to the network of nerves must be allowed to flow freely without any interruption. Chiropractors have the ability and skill to remove these interruptions or misalignments and allow the body to perform as it was meant to.

If you've ever been in a car accident, played a sport, fell down or just bumped into something too hard, it's very possible that you are not functioning at your best due to a misalignment. While there are many potential mechanical or structural causes for misalignment, there are also chemical reasons. For instance, if you smoke or drink excessively or even just have a poor diet, the chemical issues in your body can eventually cause underlying conditions and disease to appear.

Allowing a chiropractor to get you back on track both chemically and structurally will bring your body back to the proper state it should be in to perform at it's peak.

**What is a Subluxation**

When a vertebrae becomes misaligned or moves out of its normal position, this is referred to in the chiropractic profession as a subluxation. Subluxations can be caused by a wide range of issues ranging from a minor slip or bump to a car accident or any sudden trauma. When a vertebrae is subluxated, it begins to put pressure on nerves, blood vessels and everything around it. This pressure comes with a price. The subluxation interrupts the natural pathways that the messages sent from the brain need to be clear in order to be completed properly.

As time goes by and a subluxation remains untreated, the spine and surrounding features such as discs can begin to degenerate. This degeneration becomes more difficult to reverse as time goes by as the surrounding muscles, nerves and bones begin to adjust to the new shape. The body is an amazing machine. It will start to accommodate these changes by compensating in other areas. The longer this goes on, the more difficult it is and the longer it takes to get back to near perfect position.

**Spinal Degeneration**

**Degeneration Phase 1**
The first stage of spinal degeneration is when there is a minor loss of normal spine balance and spinal curvature. The surrounding features of the spine such as nerves, discs and joints begin to age quicker and are continually more stressed. This stage of the degeneration process rarely is accompanied with any major pain. At this point, there is a good chance that with the proper care, you can return to normal.

**Degeneration Phase 2**
In the second stage of spinal degeneration, there is a often narrowing of the discs and potentially deformation in the bones. Your posture is often beginning to degenerate as well at this point. As the spinal canal, or opening begins to narrow, there are often significant aches and pains associated. Fatigue and stress are more common at this stage. There is a good chance of improvement at this stage with the proper care.

**Degeneration Phase 3**
In the third stage of spinal degeneration, there is significant physical and mental involvement due to the level of issues here. There is most likely nerve damage as well as deformation of the bones and discs. There would be a significant loss of energy and height at this point. Some reversal is possible.

**Degeneration Phase 4**
In the fourth stage of spinal degeneration, most damage is permanent including scar tissue, nerve damage and deformation. At this point, the condition is irreversible. Management of pain and discomfort is the best option here.

**Wellness Tips**

These simple movements or daily routines can end up hurting you if you're not careful. Make sure to do these simple activities the right way as outlined below:

**Standing**

Posture. Posture. Posture. Make sure that you keep your chin up and don't slouch. If you know that you are going to be standing for a long period of time, make sure that you wear comfortable shoes.

**Working at a Desk**

Make sure that you are getting up every 20 minutes to stretch. The type of chair you have is extremely important. It should fit you correctly so that your back touches the chair and your feet are on the floor with knees at a 90 degree angle. Try to avoid looking down at your computer screen. It should be at eye level.

**Sitting**

Make sure you have a chair that is supportive. When you are forced to sit for a long period of time, for instance at a desk job, make sure to get up and stretch every 20 minutes. Sit with your back against the chair, feet firmly on the floor. Do not cross your legs.

**Lifting**

Lifting objects is one of the most common ways to injure yourself. Even if it is a light object, twisting or pulling in the wrong direction when you're not stretched out can have a damaging effect on muscles and the spine. You always want to bend at the knees and avoid lifting anything you know is too heavy.

**Overall Physical Activity**

If you know that you are going to be working or playing for a while, make sure that you are adequately stretched out and warmed up. Even if it's something light like gardening or just pushing your child on a bike, it's easy to pull something if you're not warmed up.

**Talking On The Telephone**

If you're forced to use the telephone for a long period of time, a speaker or a headset is a must. By all means try to avoid cradling the phone between your neck and your shoulder as this could cause you to damage the muscles or vertebrae in that area.

**Resting or Sleeping**

Straining your neck or back while you're sleeping is a very common occurrence. We often fall asleep in strange positions where we are not supported properly or our necks are at an odd angle. Make sure that if you are going to nap or watch tv in bed, that you are in a supportive position.