

# Services

## Our Services

We offer a wide range of best-in-class services right here in the office, and we combine them with customized treatment plans that work faster and last longer.



### Chiropractic Care

We are unique in our mastery of a wide range of chiropractic adjustment techniques that allow us to tailor our approach to each patient's body and unique set of problems.



### Massage Therapy

We use techniques such as acupressure, trigger point and active release to address muscle spasms, tightness or imbalances associated with a wide range of musculoskeletal injuries



### Rehab & Exercise

We use rehab and exercise to help our adjustments hold longer, increase range of motion and improve joint function. We also use neuromuscular re-education to improve balance and athletic ability.



## **Acupuncture**

We use acupuncture to stimulate nerve function and reduce pain when a joint injury has resulted in nerve damage. We also offer homeopathic injection therapy and cupping.



## **Ionic Foot Bath**

The ionic cleanse creates a magnetic field that pulls toxic substances from the body through osmosis. We use it to neutralize pain and other symptoms that result from toxic buildup.



## **Stretching**

We use the Active Isolated Stretching technique, combining short periods of facilitated stretching with active resistance. This method allows us to optimally lengthen muscles and restore function.



## **Traction**

We use both manual and mechanical traction to open up your spinal disc space and allow fluid and nutrients into the area. Traction aids in the reduction of spinal cord impingement and nerve pressure.



## **Cold Laser**

We use cold laser to decrease inflammation and promote muscle and bone healing. We also combine laser with rehabilitation movements to increase joint function.



## Custom Orthotics

We use the latest bilateral 3-D scanner from Foot Levelers to prescribe custom orthotics. But we won't test you until we've confirmed that your body, legs and feet are in proper alignment.



## **Nutrition & Healing**

We assess your diet, vitamin intake, disease processes and medications to recommend a plan for nutrition and supplements.