

# Specialties

## Areas We Treat

We focus on the whole body, not just the spine, and we have a proven track record of resolving many challenging injuries that would otherwise have ended in surgery.

### Extremities

Your extremities are your shoulders, wrists, knees, feet ... in other words, your limbs. Most chiropractors focus only on the spine; we are different because we have deep expertise in addressing extremity injuries, reducing further injury and improving athletic performance.

Most issues we see in the extremities are caused by a misalignment of bones that leads to inflammation, pain and ultimately dysfunction. We fix the root of the problem (the misalignment) with chiropractic adjustment, then bring in our [full toolkit of services](#) to reduce inflammation and strengthen the area so the problem is less likely to happen again.

### The Spine

We treat the full spectrum of spinal issues, from lower back pain to headaches. While most chiropractors use just one or two adjustment techniques, we have expertise in a wide variety of techniques and adapt our approach to each patient's body and needs.

We believe in working towards long-term resolution of the issues caused by spinal misalignment instead of getting patients addicted to frequent chiropractic adjustments. Once

we resolve the root of the problem, we'll bring in our [other services](#) to increase your strength so we're not a crutch, but a solution.

## Learn How We Treat ...

### Plantar Fasciitis

Are you suffering from foot pain? Dr. Barbara explains what plantar fasciitis is and how we address it so you can get back to your normal activities.

[Read More](#)

### Carpal Tunnel

Carpal tunnel doesn't have to end in surgery if you address the problem soon enough. Dr. Barbara explains what's really going on and how we treat it.

[Read More](#)

### Shoulder Issues

There are so many shoulder conditions, but they all stem from the same issues in the shoulder region. Learn about our approach and the conditions we treat.

[Read More](#)