

## **MANUAL SPAINL & JOINT MANIPULATION**

A hands on technique where the application of pressure to a specific area of patient's body, in order to adjust or correct the patient's spinal or joint alignment. This technique improves posture, realigns the spine, reduce pain and restores spinal and joint function.

## **FLEXION-DISTRACTION**

A hands on technique, in which the Chiropractor uses a specialized segmented table that moves as he slowly manipulates your spine. This manipulation combined with the movement of the table, stretch and decompress your spine. This technique reduces pressure on spinal nerves and discs, increases range of motion, reduces stiffness and helps manage chronic back and neck pain.

## **ACTIVE RELEASE TECHNIQUE (ART)**

This technique treats your body's soft tissue by combining manipulation and movement. The chiropractor will apply gentle but firm pressure on the muscle while moving or having the patient move the muscle in the opposite direction. This technique treats headaches, back pain, plantar fasciitis and knee problems associated with overused muscles, tendons ligaments and nerves.

## **ACTIVATOR TECHNIQUE**

This is a technique in which the chiropractor uses a specialized hand held tool to deliver quick low force impulses to specific areas within the spinal column to correct subluxations. This technique can help to restore motion, reduce inflammation, alleviate pain and remove blockages in nerve flow restoring sensation to affected areas. This is a great choice for people just starting out with chiropractic care who are unsure about manual manipulation.

## **DRY NEEDLING**

This technique involves a very thin needle similar to an acupuncture needle inserted into a specific problem area or trigger point of the muscle. The needle is then maneuvered in and out of spots in that area without removing the needle from the skin. This technique can loosen stiff muscles, ease joint severe pain, improve blood flow and oxygen circulation within the body, shorten recovery time for injuries and prevent injuries from becoming chronic.

## **COLD LASER THERAPY**

In this treatment a low level laser is applied to the affected area of pain. When the beam from the laser is absorbed by the body's cells it creates an increase production of cellular energy. This amazing technique is painless and can reduce inflammation in targeted areas and as a result relieve pain in those areas, enhance mobility, reduce muscle spasms and significantly accelerate recovery time.