

Treatment Techniques

The treatment techniques that we select are tailored to the needs of each individual patient's needs. We select the treatments that we offer based upon the most recent scientific investigations and literature. Some of the most common treatment techniques are listed below.

Spinal Manipulation

The chiropractic adjustment is also referred to as a spinal "manipulation". During this procedure, the doctor applies his / her hands to the area of the spine to be treated in such a way as to mobilize the joints. Most commonly, the doctor will administer a quick, short hands-on movement to the joint. The joint usually elicits a "pop" or "crack," similar to when "cracking" one's knuckles. Patients usually sense movement of the joint.

The goal of the chiropractic spinal manipulation is to:

- Increase the joint mobility / range of motion.
- Relieve pain
- Reduce muscle spasm
- Restore optimal joint function
- Joint mobilization

Soft Tissue Therapy/Trigger Point Therapy

During this procedure, deep manual pressure is applied to and held on sensitive pressure points within muscles. This procedure usually reproduces discomfort in the area of a patient's complaint, as well as under the point or pressure. Trigger point therapy is used to relieve painful trigger points and their characteristic referred symptoms.

Stretches and Exercises

Our patients learn to perform home stretches and exercises to improve their overall fitness and health. Condition specific exercises and stretches are customized to each patient's physical needs. Descriptive handouts are provided to facilitate ease of implementation.

Therapeutic Modalities

Short courses of some therapy modalities may facilitate pain relief and muscle relaxation. We provide the following therapy modalities very conservatively, in order to facilitate exercise-based treatments.

- **Therapeutic Ultrasound**

Therapeutic Ultrasound is a deep heating modality that emits high-frequency acoustic vibration that is above the human audible spectrum. Therapeutic ultrasound reaches underlying tissues as deep as 1 to 5 centimeters.

When electrical energy is applied to a crystal, it causes it to vibrate at a high frequency and to produce ultrasound. Ultrasound is delivered by continuous or pulsed wave and provides a high heating intensity. Therapeutic ultrasound stimulates the repair of damaged tissues, relieves pain, increases blood flow, relaxes muscle spasms, and may speed the healing process.

- **Muscle Stimulation**

Electrical muscle stimulation involves administering alternating electrical currents through electrodes placed on the skin at a painful area, or the spinal nerve root associated with a painful region. It is theorized that the low frequency of the interferential current causes affects the nervous system in such a way as to result in muscle relaxation, suppression of pain and acceleration of healing