

## ***How Do You Describe Your Treatments to Others?***

**When you refer your friends and family for chiropractic care at our clinic, what do you tell them?**

Here are some things that will help you better understand what we do...

Our sports chiropractors focus on how your body functions. Striving to optimize the inter-relationship of muscles, joints and nerves, we examine the body's movement patterns to identify patterns of breakdown, inefficiencies or restrictions in motion. Upon your examination, if our doctors feel that your condition cannot be positively affected with their approach, we will refer you to the appropriate health care professional.

Our sports chiropractors choose the most effective and appropriate treatment approach to address your particular complaint. Through utilization of Spinal Manipulative Therapy, Joint Mobilization Techniques, and Soft Tissue Therapy, we strive to get to the source of the problem to help you achieve complete recovery.

Active Release Techniques (A.R.T) and Graston Technique (G.T.) are just two of the additional therapy approaches that our sports chiropractors offer. Both are applied to break up existing scar tissue and are utilized for acute (new) and chronic (long standing) soft-tissue injuries.

Some of the more common conditions that we treat include:

- **Spinal Pain & Dysfunction**
- **Headaches**
- **Sciatica**
- **Degenerative (Osteoarthritic) Joints**
- **Carpal Tunnel Syndrome**

- **Plantar Fasciitis**
- **Shin Splints and Achilles Tendonitis**
- **Chronic Tendonitis**
- **Frozen Shoulder and Tennis Elbow**
- **Strains and Sprains of the hand, wrist, elbow, shoulder, hip, knee, ankle, foot**

Upon resolution of your initial complaint, our sports chiropractors and complimentary health providers work with you on life-style changes that focus on optimum health and prevention.

Our practice is based on referrals from patients like you. We hope that this information will help you tell others about our clinic.

If you have any questions about any of this information, please feel free to ask one of our staff at the front desk.