



## Chiropractic 1.0: Foundational Full Body Chiropractic Care

### Overview:

Chiropractic 1.0 focuses on foundational chiropractic care designed to address common musculoskeletal issues. This level includes a range of therapies aimed at restoring proper alignment, improving function, and relieving pain through a comprehensive approach.

### 1. Spinal Adjustments

Performed by our experienced doctors, spinal adjustments are central to chiropractic care. These adjustments aim to realign the spine, reduce nerve interference, and improve overall health and function. The techniques used include:

- **Manual Adjustment Treatments:** Hands-on techniques where the chiropractor applies controlled force to the spine to improve alignment and relieve pressure.
- **Y-Strap Adjustments:** A specialized technique involving the Y-Strap device, which provides decompression of the spine through a gentle and controlled pull.
- **Instrument Adjustment Treatments:** Using advanced instruments to deliver precise, low-force adjustments, ideal for patients who prefer a gentler approach.
- **The Pro-Arthrostim Instrument:** A state-of-the-art device that delivers rapid, repetitive pulses to adjust the spine with minimal discomfort.

### 2. Extremity Adjustments

Our doctors also focus on the proper alignment and function of the extremities, including shoulders, elbows, wrists, hips, knees, and ankles. Extremity adjustments help improve mobility, reduce pain, and support overall musculoskeletal health. Techniques include:

- **Manual Adjustment Treatments:** Hands-on adjustments applied to the extremities to correct alignment and enhance joint function.
- **Instrument Adjustment Treatments:** Precision adjustments using instruments to gently correct misalignments in the extremities.
- **The Pro-Arthrostim Instrument:** Similar to its use in spinal adjustments, this instrument delivers targeted pulses to the extremities for effective, low-force corrections.

### 3. Soft Tissue Treatments

Addressing the muscles, tendons, and ligaments surrounding the spine and extremities is crucial for comprehensive care. Our soft tissue treatments include:

- **IASTM (Instrument Assisted Soft Tissue Manipulation) - Graston Therapy:** A specialized technique using tools to break down scar tissue, reduce inflammation, and promote healing in soft tissues.
- **The Pro-Vibracussor Instrument:** A powerful tool that provides deep tissue massage, helping to relax muscles, improve circulation, and enhance soft tissue recovery.
- **Radial Pressure Wave Therapy:** A non-invasive treatment that uses acoustic waves to stimulate healing, reduce pain, and improve soft tissue function by enhancing blood flow and reducing muscle tension.

### Conclusion:

Chiropractic 1.0 offers a comprehensive, full-body approach to chiropractic care, addressing not only the spine but also the extremities and soft tissues. By combining these therapies, we aim to restore balance, reduce pain, and promote overall health, setting the foundation for more advanced levels of care.