



Chiropractic 2.0: Comprehensive - Advanced Full Body Chiropractic Care

Overview:

Chiropractic 2.0 builds upon the foundational care provided in Chiropractic 1.0 by incorporating more advanced therapies and treatments. This level is designed for patients who require a more comprehensive approach to address complex or chronic conditions. The focus is not only on alignment and pain relief but also on functional rehabilitation, neurological integration, and overall health improvement.

1. Spinal Adjustments

Performed by our experienced doctors, spinal adjustments continue to be a core component of care, with advanced techniques for precise alignment and improved nervous system function. These include:

- **Manual Adjustment Treatments:** Hands-on techniques to correct spinal misalignments, enhancing nerve flow and overall health.
- **Y-Strap Adjustments:** Provides spinal decompression and relief through gentle, controlled traction using the Y-Strap device.
- **Instrument Adjustment Treatments:** Low-force adjustments with advanced instruments for patients needing a gentler approach.
- **The Pro-Arthrostim Instrument:** Delivers rapid, repetitive pulses for precise spinal adjustments with minimal discomfort.

2. Extremity Adjustments

Extremity adjustments remain crucial for maintaining joint health and function throughout the body. Techniques include:

- **Manual Adjustment Treatments:** Hands-on adjustments to correct misalignments in shoulders, elbows, wrists, hips, knees, and ankles.
- **Instrument Adjustment Treatments:** Precision instruments for gentle, effective extremity corrections.
- **The Pro-Arthrostim Instrument:** Used for targeted adjustments of the extremities to restore mobility and reduce pain.

3. Soft Tissue Treatments

Advanced soft tissue therapies address deeper muscle, tendon, and ligament issues, essential for comprehensive recovery:

- **IASTM (Instrument Assisted Soft Tissue Manipulation) - Graston Therapy:** Tools are used to break down scar tissue and promote healing in soft tissues.
- **The Pro-Vibracussor Instrument:** Provides deep tissue massage to enhance circulation and muscle relaxation.
- **Radial Pressure Wave Therapy:** Non-invasive therapy using acoustic waves to stimulate healing and reduce pain in soft tissues.

4. Pain Relief Therapies

These therapies are integrated to manage pain effectively and reduce inflammation, providing immediate relief:

- **Electric Stimulation:** Helps manage pain and reduce inflammation by stimulating muscles and nerves.
- **Ultrasound:** Promotes healing by delivering deep heat to tissues, improving blood flow and reducing pain.
- **Ultrasound with Electric Stimulation:** Combines the benefits of ultrasound with electric stimulation for enhanced pain relief and tissue healing.

5. Rehabilitation Exercises

Customized rehabilitation exercises are provided to restore function and strength, tailored to each patient's needs:

- **Functional Exercises:** Based on your initial functional screening with Kinetisense, these exercises improve overall body function.
- **Structural Corrective Exercises:** Derived from X-ray analysis and Kinetisense data, these exercises correct structural imbalances.
- **Neurorehabilitation:** Focuses on reconnecting the brain with the body using sEMG (Myovision) assessments and Kinetisense Posture Screen to enhance neurological function.
- **Kinesiology Taping:** Provides support, stability, and pain relief to injured or overused areas, enhancing functional movement.

6. Spinal Decompression Therapy

This non-surgical therapy is designed to relieve pressure on the spinal discs, helping to treat conditions like herniated discs, sciatica, and degenerative disc disease. It gently stretches the spine, promoting the flow of oxygen, water, and nutrient-rich fluids into the discs, aiding in healing and pain relief.

7. Prescription Corrective and Supportive Orthotics

Custom orthotics and supports are essential for maintaining proper alignment and relieving stress on the spine and joints. We offer:

- **Spinal Orthotics - Denneroll:** Designed to correct spinal alignment issues, these orthotics help restore the natural curvature of the spine.
- **Foot Orthotics - FootLevelers:** Your feet are your body's foundation, bearing all of its weight and providing essential stability. Any pain, deformity, or discomfort in your feet can compromise this stability, leading to altered foot alignment and abnormal gait. These changes can cause excessive stress on your hips, spine, and other joints. While it might be tempting to grab over-the-counter insoles for a quick fix, these generic options lack the tailored support that custom orthotics provide. Our **Foot Orthotics by FootLevelers** are customized to improve posture and support your spine by correcting foot imbalances specific to your needs. We strongly recommend having multiple pairs of orthotics for different occasions. You wouldn't wear flip-flops at work or dress shoes on the beach, right? That's why it's important to have custom orthotics for all your footwear, whether it's for work shoes, athletic shoes, or even a second pair of custom flip-flops. Foot Levelers also offers a wide selection of high-quality, comfortable shoes for every occasion, ensuring your feet are always supported in the best way possible.
- **Custom Pillows - for Proper Neck Support While Sleeping - Exclusively Yours® Cervical Support Pillow:** The Exclusively Yours pillow is custom-made based on four specific measurements, ensuring you receive individualized postural support while sleeping. This pillow is not a one-size-fits-all solution; it is designed to fit your specific postural needs, helping to eliminate neck and back discomfort. It is particularly beneficial in treating conditions such as neck trauma, tension headaches, or arthritis of the back and neck. The pillow comes with a two-year guarantee and is available in three unique versions tailored for back sleepers, side sleepers, or a combination of both.

8. Custom Diet Counseling

Nutritional support is essential for overall health and recovery. Our custom diet counseling includes:

- **Nutritional Counseling - Online Nutrition Pharmacy:** Personalized nutritional advice and access to an online pharmacy for high-quality supplements tailored to your health needs.
- **Labwork:** Comprehensive lab tests to identify nutritional deficiencies, hormone imbalances, and other factors that may impact your health, ensuring a targeted approach to diet and nutrition.

Conclusion:

Chiropractic 2.0 represents an advanced level of care that integrates traditional chiropractic treatments with cutting-edge therapies and personalized care plans. This approach ensures a comprehensive and effective path to recovery, addressing not only pain relief but also functional improvement, neurological integration, and overall health optimization.

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