



## Chiropractic 3.0: Advanced Healing - Comprehensive Full Body Chiropractic Care

### Overview:

Chiropractic 3.0 represents the pinnacle of full-body chiropractic care, integrating advanced therapies and cutting-edge technologies to address even the most complex and chronic conditions. This level of care is designed for patients who seek a holistic approach to health, focusing not only on pain relief and alignment but also on optimizing overall wellness and function through physical medicine, functional medicine, and comprehensive rehabilitation.

### 1. Spinal Adjustments

Spinal adjustments are a core component, with advanced techniques to ensure precise alignment and optimal nervous system function:

- **Manual Adjustment Treatments:** Hands-on spinal adjustments to correct misalignments, relieve pressure on nerves, and enhance overall well-being.
- **Y-Strap Adjustments:** Specialized decompression technique using the Y-Strap device for gentle, controlled traction to relieve spinal pressure.
- **Instrument Adjustment Treatments:** Precision adjustments using advanced instruments for patients preferring a gentler approach.
- **The Pro-Arthrostim Instrument:** Delivers rapid, repetitive pulses for effective, low-force spinal adjustments.

### 2. Extremity Adjustments

Addressing the alignment and function of extremities is critical for overall musculoskeletal health. Techniques include:

- **Manual Adjustment Treatments:** Hands-on adjustments to correct misalignments in shoulders, elbows, wrists, hips, knees, and ankles.
- **Instrument Adjustment Treatments:** Use of advanced instruments for precise and gentle extremity adjustments.
- **The Pro-Arthrostim Instrument:** Provides targeted adjustments to extremities, improving joint mobility and reducing discomfort.

### 3. Soft Tissue Treatments

Comprehensive soft tissue therapies address muscle, tendon, and ligament issues essential for full recovery:

- **IASTM (Instrument Assisted Soft Tissue Manipulation) - Graston Therapy:** Specialized tools break down scar tissue and promote healing in soft tissues.
- **The Pro-Vibracussor Instrument:** Delivers deep tissue massage to improve circulation, reduce muscle tension, and enhance recovery.
- **Radial Pressure Wave Therapy:** Non-invasive acoustic wave therapy to stimulate healing and alleviate pain in soft tissues.

### 4. Pain Relief Therapies

Effective pain management is critical, integrating multiple modalities for immediate and long-term relief:

- **Electric Stimulation:** Helps manage pain and reduce inflammation by stimulating muscles and nerves.
- **Ultrasound:** Promotes deep tissue healing through sound waves, improving circulation and reducing pain.
- **Ultrasound with Electric Stimulation:** Combines ultrasound with electric stimulation for enhanced pain relief and tissue repair.

## 5. Rehabilitation Exercises

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

- **Functional Exercises:** Based on your initial functional screening with Kinetisense, these exercises improve body function and mobility.
- **Structural Corrective Exercises:** Tailored exercises derived from X-ray and Kinetisense data to correct structural imbalances.
- **Neurorehabilitation:** Focuses on reconnecting the brain with the body using sEMG (Myovision) assessments and Kinetisense Posture Screen, enhancing neurological function and movement patterns.
- **Kinesiology Taping:** Provides support, stability, and pain relief, improving functional movement and reducing injury risk.

## 6. Prescription Corrective and Supportive Orthotics

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

- **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. FootLevelers 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.

## 7. Functional Medicine Services

Chiropractic 3.0 includes comprehensive functional medicine services to optimize overall health and wellness:

- **Custom Diet Counseling:** Personalized nutritional plans tailored to your specific health needs, ensuring optimal dietary support for recovery and well-being.
- **Nutritional Counseling - Online Nutrition Pharmacy:** Access to high-quality supplements and professional-grade products through an online pharmacy, tailored to your individual requirements.
- **Labwork:** Comprehensive lab testing to identify nutritional deficiencies, hormonal imbalances, and other underlying factors that may impact your health, guiding personalized treatment plans.

## 8. Physical Medicine Therapies

Advanced physical medicine therapies are integrated to promote healing, reduce pain, and enhance recovery:

- **K-Laser Therapy:** Uses laser light to accelerate tissue repair, reduce inflammation, and relieve pain.
- **PEMF (Pulsed ElectroMagnetic Field Therapy):** Enhances cellular function and repair through electromagnetic field therapy, promoting healing and reducing inflammation.
- **Spinal Decompression Therapy:** Non-surgical therapy to relieve pressure on spinal discs, helping treat conditions like herniated discs and sciatica.
- **Focused Shockwave Therapy:** Delivers targeted acoustic waves to treat chronic pain and stimulate tissue repair, ideal for conditions like tendonitis and plantar fasciitis.

### Conclusion:

Chiropractic 3.0 is the most advanced level of care we offer, combining traditional chiropractic techniques with state-of-the-art therapies and holistic approaches. This comprehensive care model is designed to not only relieve pain and correct alignment but also to enhance your overall health and well-being, empowering you to live your life to its fullest potential.

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