

Services Guide

Chiropractors D.C.

**NOTE 1: This information is pulled from credible sources. This information is a guide. Any information used from this guide must be re-contextualized (no copying and pasting). Re-*

**NOTE 2: For MCP websites, stick to general information and avoid specifics.*

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1. CHIROPRACTORS OVERVIEW

1.1 GENERAL INFORMATION

<http://performancehealthgroup.ca/services/chiropractic/>

- A health care profession specializing in the diagnosis, treatment and prevention of conditions related to the:
 - Muscles
 - Ligaments
 - Tendons
 - Nerves
 - Joints of the body
- Chiropractors not only look at the symptoms but also address the cause.
 - Physical examinations often include a functional movement screen and/or a selective functional movement assessment that detects abnormal movement patterns that increase the likelihood of injury.

1.2 SEO

KEYWORDS (FIRST ROW - BEST, LAST ROW - LEAST)

• Lower Back Pain	• Nerve Pain	• Sports Injury Specialist	• Chiropractor
• Rotator Cuff	• Tennis Elbow Treatment	• Shoulder Pain	• Arthritis
• Neck Pain	• Sciatica Nerve	• Chiropractic	• Knee Pain
• Spinal decompression	• Scoliosis Treatment	• Active Release Technique	• Back Specialist

2. TREATMENTS

2.1 ACTIVE RELEASE TECHNIQUES® (ART)

<http://performancehealthgroup.ca/services/active-release-techniques/>

<http://www.activerelease.com/ART-for-Patients.asp>

General:

- ART® is a patented, state-of-the-art soft tissue system/movement based massage technique that treats problems with muscles, tendons, ligaments, fascia and nerves.
- ART® is primarily known for its beneficial healing effect on overused muscle conditions
- Manual, hands-on therapy designed specifically to find scars in damaged tissue and release the adhesions that result.

Steps	Process
1. What is ART®?	It's a patented, state-of-the-art soft tissue system/movement based massage technique that treats problems with muscles, tendons, ligaments, fascia and nerves.
2. What is it good for?	<p>It is primarily known for its beneficial healing effect on over-used muscle conditions.</p> <ul style="list-style-type: none"> • Over-used muscles (and other soft tissues) can lead to three negative conditions: <ul style="list-style-type: none"> ○ Acute conditions (pulls, tears, collisions, etc.) ○ Accumulation of small tears (micro-trauma) ○ Not getting enough oxygen (hypoxia) <p>People working at a desk all day (repetitive strain), athletes (acute injury), and people managing chronic pain can benefit from ART</p>
3. Assessment	<p>Injured tissue is assessed for four major areas of concern:</p> <ul style="list-style-type: none"> • Tissue texture • Tension • Movement • Function
4. Applying treatment	<ul style="list-style-type: none"> • ART® uses movement of the patient to create tension on scar tissue • Every session combines an examination and treatment, which targets the soft tissue that has been injured • ART® treats specific muscles, which target the exact area of the scar within each tissue • Unlike massage or other myofascial release techniques, ART® has over 500 specific protocols that treat affected areas of the body
5. Summary	<ul style="list-style-type: none"> • ART® is a non-invasive, very safe treatment with virtually no side-effects • When soft tissue problem has resolved, the symptoms will not return unless the injury happens again • Can play a key role in improving athletic performance and injury prevention

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Soft Tissue Conditions That Can Be Treated with Active Release Technique®:

Tennis Elbow (Lateral Epicondylitis)	Back Pain	Knee Pain (Patellofemoral Disorders)
Foot Pain (Plantar Fasciitis)	Achilles Tendonitis	Shin Splints
Sciatica	TMJ	Headaches
Thoracic Outlet Syndrome	Frozen Shoulder (Adhesive Capsulitis)	Carpal Tunnel Syndrome
Hip Pain	Iliotibial Band Syndrome	Knee Meniscus Injuries
Golfers Elbow (Medial epicondylitis)	Leg Pain	Shoulder Pain (Rotator Cuff Tendinitis)

2.2 ADJUSTMENTS

<http://arizonapain.com/types-chiropractic-adjustments/>

Types of Adjustments	Description
Direct Thrust Technique	<ul style="list-style-type: none">○ Also referred to as spinal manipulation○ Focuses on the spine; chiropractor uses a high-velocity, low-amplitude thrust, which is a swift, short movement to encourage proper vertebral alignment because misaligned spinal components may cause restricted motion resulting in pain○ This technique frequently produces the cracking sound (it's actually a good thing as the pop is the release of gas trapped between joints)
Spinal Mobilization	<ul style="list-style-type: none">○ For patients with conditions such as osteoporosis who require a gentler approach, spinal mobilization may be used in place of the direct thrust technique, although the goal of proper spinal alignment and optimal joint functioning is the same○ This form of chiropractic adjustment uses slow movements, including gentle stretches or firm pressure, as opposed to thrusts, are used to encourage spinal components into their rightful places

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Articulatory	<ul style="list-style-type: none">○ This type of adjustment targets injured joints and help to restore them to their full range of motion○ The chiropractor slowly moves the arm, leg, or other extremity through its range of motion while applying force○ Moving the joint through the full range of motion helps to remedy stiffness and improve mobility
Myofascial Release	<ul style="list-style-type: none">○ Targets myofascial tissue, which is a layer of membranes that cover, support, and connect the body's muscles○ Stress or other causes can lead to stiff areas in myofascial tissue, called trigger points, which leads to pain○ Chiropractor will find the stiff areas and applies pressure to loosen them up, free movement, and reduce pain
Muscle Energy Technique	<ul style="list-style-type: none">○ This is a form of myofascial release, but is active because it requires patient participation○ Targets stiff areas/trigger areas○ While the patient is using certain muscles, the chiropractor applies counter-pressure; this technique is repeated several times, with each repetition lasting for several seconds followed by a brief period of rest○ This technique strengthens weak areas, promotes mobility, works to release trigger points, and improves blood flow to promote healing and flexibility
Indirect Positional Technique	<ul style="list-style-type: none">○ Some people suffer from hypertonic muscles, which means they are overly toned, which can lead to tightness and pain○ This technique seeks to correct hypertonic muscles and help the surrounding joints regain the full range of motion○ This involves the chiropractor to hold the joint in a neutral position before applying a specific force
Cervical Spine Manipulation	<ul style="list-style-type: none">○ Problems in the cervical spine, which is the portion in the neck, may lead to headaches, upper back pain, discomfort in the shoulders or arms, or diminished range of motion○ Chiropractors manipulating the cervical spine use the same techniques as with direct thrust or the more gentle chiropractic adjustment, spinal mobilization
Function Technique	<ul style="list-style-type: none">○ Functional techniques target joints to free them from restriction and improve overall mobility○ Chiropractors use a gentle force as they move the joint through its natural range of motion○ Once a restriction is detected, the practitioner holds the joint at the point of restriction until it releases

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<https://draxe.com/10-researched-benefits-chiropractic-adjustments/>

Adjustments can help with:

- Back pain
- Headaches
- Ear infections
- Neck pain
- Arthritis and joint pain
- Scoliosis
- Asthma
- Blood pressure
- Healthy pregnancy
- Organ function

2.3 CUSTOM ORTHOTICS

<http://performancehealthgroup.ca/services/custom-orthotics/>

General:

- Feet provide the foundation for the entire body
 - Any deviation from normal structure and/or function can result in not only foot pain but also knee, hip and back pain.
 - There are two main categories of orthotics: functional and accommodative

Conditions That Can Benefit from Orthotic Treatment

Plantar Fasciitis	Pronation	Supination
Pes Plano Valgus	Cavus Foot	Shin Splints
Neuromas	Bunion Deformities	Arthritis
Limb Length Deformities	Iliotibial Band Syndrome	Achilles tendonitis
Metatarsalgia	Knee Pain (Patellofemoral Pain Syndrome)	Neuromuscular Conditions
Neuropathic Ulceration	Runners Knee	Hallux Rigidus
Flatfoot	Tibialis Dysfunction	Metatarsalgia (Forefoot Pain)
Sacroiliac Joint Dysfunction	Diabetes	Compartmental Syndrome
Chronic Low Back Pain	Lateral Impingement Syndrome	Chondromalacia Patella
Heel Spurs		

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<http://advancedfootcarecenters.blogspot.ca/2011/06/functional-versus-accommodative-custom.html>

Functional Orthotics

- Functional orthotics, regardless of the condition it is prescribed for, is to allow the foot to sit in as neutral a position as possible
- By neutral position, what I am referring to is the position of your foot where the tendons and ligaments surrounding the ankle are aligned in their most advantageous position, allowing the foot to function as “normally” as possible while eliminating compensation for any abnormality
- In many conditions, the orthotic is indicated to block abnormal motion of the foot by bringing the ground up to the foot (via the orthotic material) helping to decrease pain and deformity

Accommodative Orthotics

- The objective of an accommodative orthotics is to accommodate the foot rather than to place the foot in a neutral position
- These are often utilized in patients who have rigid conditions where the foot would not benefit from repositioning
- Accommodative orthotic devices are prescribed for patients who need pressure alleviation at areas of high-pressure, such as diabetic patients

Benefits:

- Can improve posture
- Restore normal biomechanics of the feet
- Maximize comfort, support and shock absorption
- Helps support the spine
- Can reduce back pain, knee pain, hip pain and foot pain
- Special adjustments can be made to assist:
 - The diabetic and arthritic patient
 - Heel spurs
 - Leg length inequities
 - Bunions

2.4 ELECTROTHERAPY

<http://www.carsonchiropractic.com/library/2618/Electrotherapy.html>

<http://www.gordinmedical.com/>



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Electrotherapy General

- The theory behind electrotherapy as part of chiropractic care is that such stimulation to affected nerves and muscles encourages the body to release pain-killing chemicals, such as opiates and endorphins, and blocks pain signals from being transmitted to the brain
- Electrotherapy is a pain management technique, and as such, is part of an overall chiropractic treatment regimen - it's usually involved in the early treatment stages, especially right after an injury
- Electrotherapy normally involves placing small adhesive pads on the skin at various points on the body - the adhesive pads may cause a minor skin irritation after being removed

Types of Electrotherapy	Description
Galvanic Stimulation (GS)	<ul style="list-style-type: none"> ○ High-voltage pulsed galvanic stimulation has been used in acute injuries associated with major tissue trauma ○ It is commonly used despite the lack of hard scientific evidence for its efficacy ○ Its effect on muscle spasm and pain is felt to occur by its counter-irritant effect, effect on nerve conduction, and a reduction in muscle contractibility
Radiofrequency Rhizotomy	<ul style="list-style-type: none"> ○ Normally used for chronic cases of facet joint syndrome, a degenerative condition in which joint cartilage wears thin, causing stiffness, inflammation, muscle spasms, and later osteoarthritis ○ This procedure applies heated radio-frequency waves to the joint's nerves that carry painful impulses
Transcutaneous Electrical Nerve Stimulation (TENS)	<ul style="list-style-type: none"> ○ This is the most common type of electrical stimulation used today ○ TENS therapy is normally used to treat chronic, or long-term pain in the lower back, neck, also good for osteoarthritis, fibromyalgia, tendinitis, or bursitis ○ Small electrodes pads (or belt) are place on the area of pain or at a pressure point, creating a circuit of electrical impulses that travels along nerve fibres
Interferential Current (IFC)	<ul style="list-style-type: none"> ○ Essentially a deeper form of TENS ○ In essence, IFC modules a high frequency (4000 Hz) carrier waveform with the same signal produced by a TENS unit ○ The high frequency carrier waveform penetrates the skin more deeply than a regular TENS unit, with less user discomfort for a given level of stimulation

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Benefits	Description
Pain Management	<ul style="list-style-type: none"> ○ Improves range of joint movement
Treatment of Neuromuscular Dysfunction	<ul style="list-style-type: none"> ○ Improvement of strength ○ Improvement of motor control ○ Retards muscle atrophy ○ Improves local blood flow
Improves Range of Joint Mobility	<ul style="list-style-type: none"> ○ Induces repeated stretching of contracted, shortened soft tissues
Tissue Repair	<ul style="list-style-type: none"> ○ Enhances microcirculation and protein synthesis to heal wounds ○ Restores integrity of connective and dermal tissues
Acute and Chronic Edema	<ul style="list-style-type: none"> ○ Accelerates absorption rate ○ Affects blood vessel permeability ○ Increases mobility of proteins, blood cells and lymphatic flow
Peripheral Blood Flow	<ul style="list-style-type: none"> ○ Induces arterial, venous and lymphatic flow

2.5 LOW LEVEL LASER THERAPY (LLLT) (COLD LASER)

http://www.gigaalaser.com/content/therapy.php?gclid=cj0keqjw1k2_brc0s6jtgjzb-ambeiqawzdmfxfbslwynbjkzmad_p1tre_w5ppz1tvmf3xihw5sq4aashr8p8hag
<http://thelase.com/everything-things-need-know-class-3-vs-class-4-lasers/>

General:

- Low level laser therapy (LLLT) is a non-invasive use of laser energy to generate a photochemical response in damaged or dysfunctional tissue
- It uses “cold lasers” aka low-power laser (opposite of the James Bond kind)
- Effective in treating acute or chronic conditions and post-surgical pain
- Unlike many pharmacological treatments that mask pain or only address the symptoms of disease, Deep Tissue Laser Therapy treats the underlying condition to promote healing.

Conditions Treated with LLLT		
Musculoskeletal Problems	Arthritis	Sports Injuries
Post-Surgical Wounds	Diabetic Ulcers	Dermatological Conditions
Back Pain	Carpel Tunnel Syndrome	Fibromyalgia



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Knee Pain (Patellofemoral Pain Syndrome)	Tendonitis	Cervical Pain/Strain (Neck Pain)
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Advantages and Clinical Benefits		
Improves Tissue Regeneration	Reduces Scarring	Improves Range of Motion
Increases Blood Flow	Effective for Difficult and Chronic Conditions	Fast Treatment Times
Non-Invasive	Non-Toxic	Easily Applied
Eases Pain	Increases Cell Regeneration	Breaks Down Scar Tissue

2.6 INSTRUMENT ASSISTED SOFT TISSUE MOBILIZATION (IASTM) (AKA GRASTON TECHNIQUE®)

<http://performancehealthgroup.ca/services/graston-technique/>
<http://www.grastontechnique.com/home>

General:

- This service gets a little confusing because the different instrument materials are classified under different names (cause they all claim to be the best and different than each other). **Graston Technique®** (which is IASTM) seems to be the main one, which utilizes stainless steel tools, there is also **Sound Assisted Soft Tissue Mobilization®** (which appears to just be plastic tools, which falls under the category of IASTM), and **ASTYM®** (not an acronym), which looks like glass tools or something (which claims to be different than IASTM) - they're basically all forms of **tooled friction massage** - so the benefits and things treated between all the techniques is basically the same (although they claim to be different)
- For the sake of simplicity in this section I will refer to this treatment as **IASTM**
- IASTM enables clinicians to effectively break down scar tissue and fascial restrictions, as well as maintain optimal range of motion.
- Utilizes specially designed instruments to specifically detect and effectively treat areas exhibiting soft tissue fibrosis or chronic inflammation.
- Originally developed by athletes, it's an interdisciplinary treatment used by more than 18,000 clinicians worldwide — including physical and occupational therapists, hand therapists, chiropractors, and athletic trainers.

Instrument Assisted Tissue Massage Treats:		
Achilles Tendonitis	Carpel Tunnel	Adhesive Capsulitis
IT Band Syndrome	Lumbar Strain	Foot Pain (Plantar Fasciitis)



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Fibromyalgia	Cervical Pain/Strain (Neck Pain)	Tennis Elbow (Lateral Epicondylitis)
Golfer's Elbow (Medial Epicondylitis)	Knee Pain (Patellofemoral Disorders)	Shoulder Pain (Rotator Cuff Tendinitis)
Scar Tissue	Shin Splints	Caesarean Scarring

2.7 KINESIO TAPING® METHOD

<http://performancehealthgroup.ca/services/kinesio-taping/>

What is Kinesio® Taping (Kinesio Tex Tape)

- A definitive rehabilitative taping technique that is designed to facilitate the body's natural healing process while providing support and stability to muscles and joints without restricting the body's range of motion as well as providing extended soft tissue manipulation to prolong the benefits of manual therapy administered within the clinical setting
- Latex-free and wearable for days at a time, Kinesio Tex Tape is safe for populations ranging from pediatric to geriatric, and successfully treats a variety of orthopedic, neuromuscular, neurological and other medical conditions
- By targeting different receptors within the somatosensory system, Kinesio Tex Tape alleviates pain and facilitates lymphatic drainage by microscopically lifting the skin - this lifting affects forms convolutions in the skin thus increasing interstitial space and allowing for a decrease in inflammation of the affected areas
- FMS generates the Functional Movement Screen Score, which is used to target problems and track progress

Benefits

- Kinesio Taping gives support and stability to your joints and muscles without affecting circulation and range of motion
- Can be used for preventative maintenance, edema, and to treat pain
- Can be used to treat orthopedic, neuromuscular, neurological and other conditions
- By supporting your body part, Kinesio tape is able to provide you with pain relief and muscular support and help control body parts affected by muscle inhibition

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- Kinesio Tape provide a passive lift to your skin via its elastic properties
- This vacuum effect allows your lymphatic and venous drainage systems to drain and swollen or bruised tissue quicker than without the Kinesio Tape
- Muscle strength may be assisted by Kinesio Taping via physical assistance and tactile feedback through the skin, e.g. proprioception boost
- This phenomenon may assist both the able bodied athlete to enhance their performance or less athletic people like people with a hypotonic physiology

2.8 REGISTERED MASSAGE THERAPY

- See massage therapy guide

2.9 SELECTIVE FUNCTIONAL MOVEMENT ASSESSMENT® (SFMA)

<http://performancehealthgroup.ca/services/physiotherapy/>

General:

- This approach complements the traditional physical examination by integrating posture, muscle imbalance, and movement patterns with the goal to:
 - Alleviate pain and injury
 - Optimize movement
 - Prevent recurrence.

SFMA General

- SFMA is a movement based diagnostic system, designed to clinically assess 7 fundamental movement patterns in those with known musculoskeletal pain
- The assessment provides an efficient method to systematically find the cause of symptoms, not just the source, by logically breaking down dysfunctional patterns and diagnosing their root case as either a mobility problem or a stability/motor control problem
- When the clinical assessment is initiated from the perspective of the movement pattern, the clinician has the opportunity to identify meaningful impairments that maybe seemingly unrelated to the main musculoskeletal complaint, but contribute to the associated disability - this concept, known as Regional Interdependence, is the hallmark of the SFMA

2.10 FUNCTIONAL MOVEMENT SCREEN® (FMS)

<http://performancehealthgroup.ca/services/functional-movement-screens-fms/>

Functional Movement Screen® (FMS) General

- The FMS is a ranking and grading system that documents movement patterns that are key to normal function
- By screening these patterns, the FMS readily identifies functional imitations and asymmetries
- These are issues that can reduce the effects of functional training and physical conditioning and distort body awareness
- FMS generates the Functional Movement Screen Score, which is used to target problems and track progress
- This scoring system is directly linked to the most beneficial corrective exercises to restore mechanically sound movement patterns

What It Does

Communication	<ul style="list-style-type: none">○ FMS utilizes simple language, making it easy for individuals, exercise professionals, and physicians to communicate clearly about progress and treatment
Evaluation	<ul style="list-style-type: none">○ The screen effortlessly identifies asymmetries and limitation, diminishing the need for extensive testing and analysis
Standardization	<ul style="list-style-type: none">○ The FMS creates a functional baseline to mark progress and provides a means to measure performance
Safety	<ul style="list-style-type: none">○ FMS quickly identifies dangerous movement patterns so that they can be addressed○ It can also indicate an individual's readiness to perform exercises so that realistic goals can be set and achieved
Corrective Strategies	<ul style="list-style-type: none">○ FMS can be applied at any fitness level, simplifying corrective strategies of a wide array of movement issues○ It identifies specific exercises based on individual FMS scores to instantly create customized treatment plans

2.11 ACUPUNCTURE

<https://chriskresser.com/chinese-medicine-demystified-part-iv-how-acupuncture-works/>

There's a lot of non-medical information regarding acupuncture, i.e. it balances "qi," "Five Element Theory," "body harmony," etc. – for the purposes of this guide I will stick to the more scientific medical information regarding acupuncture

What Does Acupuncture Do?	
Promotes Blood Flow	<ul style="list-style-type: none">○ This is significant because everything the body needs to heal is in the blood, including oxygen, nutrients we absorb from food, immune substances, hormones, analgesics (painkillers) and anti-inflammatories. Restoring proper blood flow is vital to promoting and maintaining health○ Blood flow decreases as we age and can be impacted by trauma, injuries and certain diseases○ Acupuncture has been shown to increase blood flow and vasodilation in several regions of the body
Stimulates the body's "built-in" healing mechanisms	<ul style="list-style-type: none">○ Acupuncture creates "micro traumas" that stimulate the body's ability to spontaneously heal injuries to the tissue through nervous, immune and endocrine system activation○ As the body heals the micro traumas induced by acupuncture, it also heals any surrounding tissue damage left over from old injuries
Releases Natural Pain Killers	<ul style="list-style-type: none">○ Inserting a needle sends a signal through the nervous system to the brain, where chemicals such as endorphins, norepinephrine and enkephalin are released
Reduces Both the Intensity and Perception of Chronic Pain	<ul style="list-style-type: none">○ It does this through a process called "descending control normalization," which involves the serotonergic nervous system
Relaxes Shortened Muscles	<ul style="list-style-type: none">○ This in turn releases pressure on joint structures and nerves, and promotes blood flow

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Reduces Stress

- This is perhaps the most important systemic effect of acupuncture. Recent research suggests that acupuncture stimulates the release of oxytocin, a hormone and signaling substance that regulates the parasympathetic nervous system. You've probably heard of the "fight-or-flight" response that is governed by the sympathetic nervous system. The parasympathetic nervous system has been called the "rest-and-digest" or "calm-and-connect" system, and in many ways is the opposite of the sympathetic system
- Research has implicated impaired parasympathetic function in a wide range of autoimmune diseases, including arthritis, lupus, rheumatoid arthritis and inflammatory bowel disease

2.12 WEBSTER TECHNIQUE

<http://americanpregnancy.org/pregnancy-health/chiropractic-care-during-pregnancy/>
<http://u744491.sandbox.sitereview.ca/?p=p2374>

- The Webster technique was discovered by Dr. Larry Webster, founder of the International Chiropractic Pediatric Association (ICPA), as a safe way to restore pelvic function and balance during pregnancy.
- This balanced state in the pelvis has been clinically shown to allow for optimal fetal positioning.
 - With a balanced pelvis, babies have a greater chance of moving into the correct position for birth, and the crisis and worry associated with breech and posterior presentations may be avoided altogether.
- It's a specific sacral analysis to determine sacroiliac (S/I) joint dysfunction and sacral subluxation followed by a diversified, sacral adjustment. Symptoms of biomechanical restriction around the pelvis include low back pain, sciatic neuralgia, and symptoms associated with sacral subluxation.
 - Sacral subluxation can contribute to difficult labour for the mother
 - It's crucial for both the mother's health and the baby's health that the mother has optimal pelvic neuro-biomechanics.

2.13 ULTRASOUND

<http://www.advanced-hic.com/tabid/17628/mid/31599/ContentPubID/615/ContentClassificationGroupID/-1/Default.aspx>

- Ultrasound sound waves are used to reduce pain and increase movement. Delivers deep heat to treat tissues.

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- Benefits
 - Reduce stiffness
 - Reduce swelling
 - Reduce pain
 - Increase circulation
 - Promote comfortable movement

Process:

Steps	Description
Preparation	<ul style="list-style-type: none">○ Your chiropractor will only expose the area of skin that is to be treated○ A conduction gel will be put on your skin
Treatment	<ul style="list-style-type: none">○ The ultrasound conduction device, a small unit about the size of a computer mouse, will be gently placed on your skin to deliver the ultrasound treatment.○ This procedure is painless, and some patients find it relaxing○ When your treatment is completed, the conduction gel is wiped off.
Stretching and Other Treatments	<ul style="list-style-type: none">○ Ultrasound can be combined with other chiropractic treatments:<ul style="list-style-type: none">• Chiropractor may help you stretch your joints.• Passive range of motion exercise may be followed by active range of motion exercise.• It may be more effective to receive a massage or gentle chiropractic manipulation following ultrasound.