



PRACTICE SPOTLIGHT: JANUARY 2016

CHIROPRACTIC LIFE CENTER

We emphasize three areas in our practice:

1. Identify and treat mechanically based NMS pain syndromes
2. Recover and maximize joint mobility
3. Actively engage our patients in wellness/lifestyle behavior modification

Our initial examination is designed to identify pain of mechanical origin. We ensure that the patient is pursuing the correct therapy for their particular pain syndrome, and that there is not some underlying cause that needs to be treated by a medical physician.

Once mechanical etiology is established, we begin a course of treatment, utilizing primarily spinal manipulative therapy (SMT), modalities, core strengthening and home exercise. Most of our patients experience a positive result within one to three weeks of care. Care is tapered as their condition stabilizes which we assess through improved joint play, flexibility, and strength. After the episode has been addressed, many of our patients find value in periodic wellness visits.

During the course of care, we engage our patients in wellness/lifestyle behavior modification. The pillars of a wellness lifestyle are: Eat Well, Move Well, Think Well and Sleep Well. We offer our patients a system which includes a combination of resources, accountability and encouragement to create sustainable results. It is our mission that our patients live an abundantly healthy life.



MONTHLY
WELLNESS SEMINAR
SERIES

WEEKLY
WELLNESS
LEADERSHIP
MEETINGS

VOTED "BEST IN
THE
NORTHLAND"
THE LAST FIVE
YEARS

Relieving Pain

Restoring Movement

Reclaiming Wellness