

CHIROPRACTIC CARE

KIRKLAND FAMILY CHIROPRACTIC ROCK FALLS

WHAT IS CHIROPRACTIC?

Modern chiropractic began in the late 1800s when Daniel David Palmer, a self-educated teacher and healer, performed the first spinal manipulation on a patient. Today, chiropractic is the third largest area of medicine. The word chiropractic comes from Greek words meaning "treatment by hand", which is exactly what chiropractors do—they use their hands to manipulate the body and promote healing and wellness.

The chiropractic philosophy is based on the following belief statements:

- All bodily functions are connected and the healing process involves the entire body.
- A healthy nervous system, particularly the spine, is the key to a healthy body. The spinal cord carries information throughout the body and is responsible for all bodily functions including voluntary movements (such as walking) and involuntary functions (such as breathing). When the systems of the body are in balance, it is called homeostasis. Disorders of the bones, muscles, and nerves can disrupt homeostasis and increase the risk of disease and other health problems.

HOW CHIROPRACTIC CARE AFFECTS THE BODY

Routine chiropractic care can help achieve:

- Increased range of motion
- Decreased muscle soreness from intense workouts
- Reduced recovery time
- Increased flexibility and performance
- Enhanced immune functionality
- Natural pain relief for joint pain

It can also help with:

Back Pain, Neck Pain / "Text Neck", Headaches & Migraines, Leg Pain / Sciatica, Knee, Ankle & Foot Pain, Shoulder, Arm, Elbow & Wrist Pain, Arthritis & Bursitis, Temporomandibular joint dysfunction (TMJ), Fibromyalgia, Carpal Tunnel Syndrome

THREE STAGES OF CHIROPRACTIC

RELIEF

If you are experiencing aches, pains and or decreased range of motion, we will work to identify the source of the issue and eliminate joint restrictions, also known as subluxations. Subluxations can get in the way of proper nerve communication from the brain to the body—often resulting in pain and discomfort.

RECOVERY

Just because pain and discomfort begin to subside doesn't mean you should stop receiving care. Muscle and other soft tissue damage may still be present even though the symptoms of pain are gone. Recovery care works to support the body's ability to heal itself by maintaining proper communication throughout the entire body.

WELLNESS

Even when you are not experiencing pain or discomfort, you can gain from routine care. While routine chiropractic can help improve health and well-being; it can also serve as an early detection system for new problems. Once you've found relief and have fully recovered, your doctor will typically recommend maintenance visits along with a balanced diet and exercise regimen.

CHIROPRACTIC CARE FOR PEDIATRICS

Benefits of an adjustment

- Adjustments reduce nerve interference
- Improved Sleep, digestion and nursing in infants
- Less illness and infections
- Improved behavior, concentration and mood
- Improved Posture and coordination

Commonly Treated:

Colic, reflux, constipation, Ear, Sinus, respiratory infections, ADD/ADHD, anxiety and sensory processing disorders, Asthma, allergies and other immune challenges