

WHAT TO EXPECT

On your first visit we will attempt to determine the exact cause of your symptoms and make sure we can help you eliminate them. You will undergo an extensive interview and thorough examination. Afterwards, Dr. Roberts will tell you his impressions. If he thinks you have a condition appropriate for our care, he will discuss his diagnosis and treatment plan with you. If you need a referral or suggestions for collateral treatment options, he will provide that as well.

Dr. Roberts' primary tools are his hands and his years of experience as a chiropractic physician. He utilizes a combination of chiropractic manipulation, soft tissue, massage techniques, rehabilitative exercises and physiotherapies that include heat, ice, traction, and electrical muscle stimulation.

Typically, there are "phases" regarding treatment. The initial phase is to control pain and/or inflammation. The second phase is to stabilize and/or optimize movement (if appropriate) depending on the extent of your complaint. The final phase of care relates to the rehabilitative process mainly consisting of active participation on the part of you, the patient.

We provide a **friendly atmosphere** where patients have a one-on-one **relationship** with our staff. Patients feel comfortable to voice the questions and concerns, knowing that they will receive **quality care** in return.

OFFICE HOURS

Monday 9:00-12:00 3:00-7:00
Wednesday 9:00-12:00 3:00-7:00
Thursday 9:00-12:00 3:00-7:00
Friday 9:00-12:00

WALK-INS ARE WELCOME

If you call our office and we are not able to answer, please leave a message. We will return your call as soon as possible.

**Thank you for allowing us to provide
Chiropractic Care to you and your
family.**

Dr. Joshua E. Roberts
Chiropractic Physician

ROBERTS FAMILY CHIROPRACTIC CENTER

Chiropractic Care
Massage Therapy
Spinal Decompression

**To make an appointment,
please call:**

(215) 579-7777

1498 Buck Road

Suite A-7

Holland, PA 18966

ROBERTS FAMILY CHIROPRACTIC CENTER

Welcome to
Roberts Family Chiropractic Center

Taking care of an injured spine is more than making a diagnosis. It is the skilled hands-on evaluation and appropriate diagnostic testing that determines the best overall plan of care; remembering of course, that you are not just treating back pain, but a human being.

8 out of 10 Americans will experience a lifestyle-altering episode of back pain at some point in their lives. 90% of single episodes of back pain become recurrent. While certain diseases and traumatic injuries can cause back pain, research shows that the most common causes of back pain or injury are: poor physical condition, poor posture, and improper body mechanics, and the prolonged repetitive use of incorrect bending and lifting techniques. At Roberts Family Chiropractic Center, preventing and providing relief for neck and back pain is our specialty.

We apply our clinical expertise to establish an accurate diagnosis quickly and develop a plan of care that fits the needs of each suffering patient. Utilizing various Chiropractic techniques and Physical Rehabilitation, we have successfully treated patients from a multitude of spinal problems.

If at all possible, patients should prefer and choose natural and non-surgical solutions to health problems. You can be sure that we have the training and skill to help you.

NECK AND BACK PAIN

Pain is generally a result of damage to the body. Pain from a broken bone or an auto accident is easy to understand because there is a clear episode of damage to tissue. Sometimes however, neck and back pain is from an unknown cause. Where is it coming from?

There are four mechanisms that can contribute to both Neck and Back PAIN:

STRESS

Results in prolonged contraction of muscles resulting in back, neck and head pain. Being preoccupied with thoughts and feelings of anger, fear and anxiety may result in aches and pains.

DECONDITIONING

Being out of shape can lead to weakness and stiffness and can produce pain by forcing muscles to work beyond their capacity.

SPASM

An involuntary contraction of muscle that causes pain and prevents movement, such as the inability to turn your neck or stand.

TRIGGER POINTS

A small hard area of muscle that is painful with activity and strains the muscle but may be silent in the person in inactive. The pain from a trigger point mimics a herniated disc.

AUTO INJURIES

You have just been involved in a motor vehicle accident. No big deal, right? your neck hurts a bit, so does your back, but there was not much damage to the car...

Recent research indicates that more damage to the passengers is often seen in low to medium speed crashes. At higher speeds, the energy of the crash results in crumpling of the cars. However, in low to medium speed crashes, most of the energy of the crash is transferred to the occupants. This often results in damage to the soft tissues if the body, tearing muscles, ligaments and other connective tissues, instead of breaking bones.

The first six weeks after an accident is the most important period. Problems which persist after six weeks are called chronic and are much more difficult to heal.

Studies have shown that more than 50% of patients involved in motor vehicle crashes will still have unresolved symptoms one year later.

A prompt physical examination with Dr. Roberts is the best advice. If you are involved in a motor vehicle accident, our office is here to assist you.