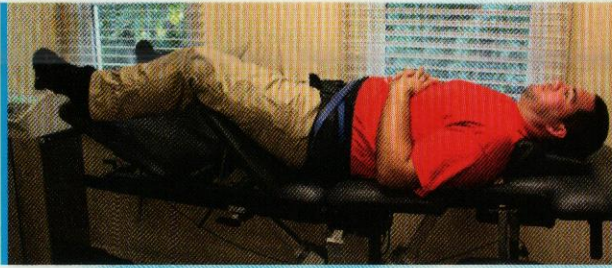


## SPINAL DECOMPRESSION



Spinal decompression therapy is a non-surgical traction based treatment for back and neck pain, especially when pain travels into the arm or leg. While all herniated and/or bulging discs are not always painful, when they are, spinal decompression and traction can provide needed relief.

## ATM2 MACHINE

Active Therapeutic Movements (ATM2 Machine) enables personalized body repositioning for finding a unique, pain-free position for each user. A series of compressive belts relieve pain and provide stability while the patient is in a weight bearing functional position.



## ASTYM

ASTYM effectively treats chronic nagging problems that result from fibrosis and scarring in soft tissues. Tissue texture is assessed by the examiner via the ASTYM tools. When fibrotic and rough areas are detected, they can be gradually smoothed out. Chronic problems with tendons, ligaments and muscles can occur from overuse of body parts (e.g., Tennis elbow) or can develop post surgically and/or post trauma (e.g. injury).



## DEEP TISSUE LASER THERAPY

FYZICAL Offers the most technologically advanced Laser Therapy System available anywhere, the 'Lightforce EXP' Class IV Laser. A massage ball applicator can be used to add a massage effect, reducing muscular tension while enhancing energy penetration. The laser triggers healing processes such as: analgesia (decrease in pain); inflammation reduction; acceleration in tissue repair and wound healing; improved circulation and capillary formation; increased cellular metabolic activity; reduction in scar tissue formation; improved nerve function; stimulation of immunoregulation; stimulation of acupuncture points.



## THE MCKENZIE APPROACH

Currently Dr. Hackerman is the only credentialed McKenzie practitioner in the region. The McKenzie Method of Mechanical diagnosis and Therapy is a reliable assessment process intended for all musculoskeletal problems. The Approach is utilized and well known worldwide and is considered the most important approach to begin with when evaluating and treating patients with musculoskeletal pain.

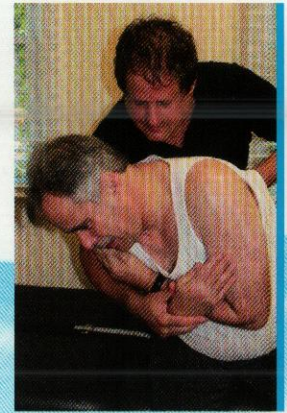


Your health | Your Score

BodyQ is an integrated testing program addressing movement, function, general health, vision, hearing, balance, and recovery. Its primary function is to aid in the prevention of injury. The test will also help you in other ways, whether you want to increase your energy levels, recover from injury or illness, run your first 5K, lose 10 pounds, or just feel stronger. BodyQ testing can jump start you on the way to achieving your goals.

## SPECIALIZED MANUAL THERAPY

- McKenzie Approach
- Mulligan Concept
- Soft Tissue Release
- Neural Mobilizations / Glides / Flossing to help nerves glide unimpeded through tissues.
- Various Joint and Soft Tissue Mobilization techniques.



## FUNCTIONAL MOVEMENT SYSTEMS (FMS) & SELECTIVE FUNCTIONAL MOVEMENT ASSESSMENT (SFMA)

Examines movement patterns that are keys to normal function. By evaluating these patterns, functional limitations and asymmetrical movements are identified. The procedures can be applied at any fitness level, simplifying corrective strategies of a wide array of movement issues. Customized treatment plans are formulated based upon findings.

## GUIDED MOTOR IMAGERY (GMI) CHRONIC PAIN PROGRAM MIRROR THERAPY

GMI is a rehabilitation process used to treat pain and movement problems related to altered nervous systems by exercising the brain in measured and monitored steps that increase in difficulty as progress is made. The three different treatment techniques include left/right discrimination training, motor imagery exercises and mirror therapy.

## HOW WE TREAT BALANCE, DIZZINESS & VERTIGO

Balance and walking problems can result from orthopedic conditions, neurological disorders, and/ or from injuries that involve the joints, muscles, and nerves. People may have a neurological condition or an inner ear problem which can cause dizziness or vertigo. Vestibular dysfunction is a prominent part of balance disorders, particularly in the elderly, and is a significant source of morbidity. We utilize a 'Whole Body Approach' and design an individualized program.