

About Our Services

Chiropractic- A licensed form of natural health care that emphasizes the body's ability to heal itself by removing interference that prevents good health. This is typically done by performing adjustments to the body that restore balance to the body systems. Supports the concept that maintenance of proper function of the body's systems can provide better health.

Acupuncture- Acupuncture is part of the ancient practice of Traditional Chinese medicine in which thin, solid, metallic needles are inserted into the skin at various locations to correct imbalances in the body's meridian system. These pathways create an energy flow (Qi, pronounced "chee") through the body that is responsible for overall health. Disruption of the energy flow can cause disease. Studies have shown that acupuncture is effective for a variety of conditions.

Massage Therapy- Massage therapy is a form of manual therapy that helps reduce stress, lessen pain, reduce muscle tightness, increase relaxation and improve the work of the immune system.

Cupping- is an ancient form of massage therapy in which a therapist puts special cups on your skin for a few minutes to create suction. This helps with pain, inflammation, blood flow, relaxation and well-being, and as a type of deep-tissue massage.

Reiki- Reiki is a complementary health approach in which practitioners place their hands lightly on or just above a person, with the goal of directing energy to help facilitate the person's own healing response. It's based on an Eastern belief in an energy that supports the body's innate or natural healing abilities.

Reflexology- Our bodies have reflex zones in the hands and feet that connect with different parts of the body. Sometimes these areas can become imbalanced. Reflexology is a form of manual therapy that focuses on restoring the balance in these zones. Effects include reduction of pain, increased relaxation and increased healing.

AllCore360°- AllCore360° is a patented technology that trains all the body's core muscles with a no-impact, isometric, balanced and coordinated technique. AllCore360° helps you build endurance and improve strength in as little as three 10-minute sessions per week, which can be done in street clothes.

All Core Fitness Studio- With the addition of our revolutionary AllCore360° machine, our fitness studio will help you build muscle, restore balance and increase strength and blood flow.

Weight Management- We offer Shape ReClaimed, a proven way to achieve your optimal weight safely and effectively under a physician's guidance so you can feel and look better.

Nutritional Therapies- Our nutritional therapies help restore normal physiologic function by fine tuning body chemistry and make up for nutritional deficiencies thereby helping you get well and stay well.

Yoga- Yoga is a practice that connects the body, breath, and mind. It uses physical postures, breathing exercise and meditation to improve overall health. Yoga was developed as a spiritual practice thousands of years ago.

Ultrasound Therapy- Uses sound wave technology to decrease inflammation and pain and stimulate healing in the surrounding soft tissues. Beneficial to those with acute or chronic injuries such as sprain/strains and arthritis.

Interferential Therapy- This form of therapy uses electric current to further decrease swelling and pain and increase healing. Useful in acute injuries such as sprain/strains, tendonitis and bursitis.

Laser- Like ultrasound and interferential therapy, our cold laser uses different forms of light amplification to decrease inflammation and pain and stimulate soft tissue healing. Beneficial in all injuries both acute and chronic.

X-ray imaging- Our office has a digital x-ray machine that is a quick, painless test that captures images of the structures inside the body — particularly the bones.

Orthotics- With the use of our digital orthotic scanner, we are able to evaluate the arches of your feet and make custom fitted orthotics that will help decrease musculoskeletal pain and restore balance.

Decompression Therapy- Spinal decompression therapy involves stretching your spine using a manual or motorized traction table to help ease neck, back, or leg pain. It is a non-surgical technique to relieve pressure on your spinal discs and spinal nerves. Spinal traction is also believed to improve the supply of blood, oxygen and nutrients to the spine to promote healing.

Dry Needling- Dry needling is a treatment that our doctors will use for pain and movement issues associated with myofascial trigger points. With this technique, our doctors insert thin needles into or near your trigger points. The needles stimulate your muscles which causes them to contract or twitch. This helps relieve pain and improve your range of motion.

Urinalysis-A dip stick urinalysis is a test of your urine. It's used to detect and manage a wide range of disorders by checking the appearance, concentration, and content of urine.