



Thank you for choosing our office for your healthcare. Your confidence in our team is the highest compliment.

We strive to deliver the best chiropractic care that we can for you and your family.



FROST

CHIROPRACTIC : ACUPUNCTURE

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NEW PATIENTS

CHIROPRACTIC CARE

Chiropractic care is a health care science that utilizes the body's innate ability to heal itself. Chiropractic is deeply rooted in science and neurology. Chiropractic philosophy states that subluxations (misalignments) of the spine interfere with the natural healing process of the body, known as innate intelligence. When subluxations occur, pain or dysfunction happen. These subluxations are caused by physical stress, mental stress, or chemical/ environmental stress. Chiropractors focus on treating the patient as a whole, instead of simply treating a symptom.

HISTORY

The word Chiropractic means "done by hand." This healing art began up to 5,000 years ago in both China and Greece. The famous physician Hippocrates believed strongly in the health benefits of spinal manipulation and stated "Get knowledge of the spine, for this is the cause of many diseases". Native Americans and ancient Europeans used "back walkers" and "bonesetters" to improve health.

Chiropractic care was developed in America by Daniel David Palmer in 1895 when he gave an adjustment to his patient Harvey Lillard, and restored his hearing that had been lost for decades after an accident. Now, Chiropractic is a widely accepted and respected healing method,

and is used by nearly all professional sports teams. It is used in Veteran's hospitals across the country.

YOUR CARE

After your doctor discusses your health status with you and gives you a complete physical and neurological exam, you will be given a treatment plan to best fit your goals and optimize your health. During the initial stages of your adjustments, your doctor might give you supportive advice to use at home such as whether to apply ice or heat, or dietary considerations to help your body heal.



DOCTOR'S RECOMMENDATIONS

- Ice :**
Ice the affected area for 15-20 minutes per hour
- Heat :**
Warm the affected area for 15-20 minutes per hour

X-RAY DIAGNOSIS

When necessary, our doctors will recommend spinal x-rays to diagnosis conditions. These are taken in our facility. We use the most advanced digital x-ray technology, and provide patients with a personal CD to keep for themselves.

