


SCHILLINGER
CHIROPRACTIC
&
WELLNESS
CENTER

Voted "Best Chiropractic Office: by the Independent Journal
DR. MARK SCHILLINGER D.C.
Stress Management and Wellness Care

Chiropractic Treatment (spinal adjustments)

Why Chiropractic Works So Well -- The art and science of health-care by therapeutic touch and spinal manipulation is one of the most ancient of remedies used by human beings. Chiropractic was founded by Dr. D.D. Palmer over 100 years ago and was created by his interest in the newly emerging scientific fields of quantum physics, psychology, yoga and biology. Dr. Palmer sensed that beneath the everyday world of chaos and order there was a Force, a Mind, or what he called, Universal Intelligence. This Intelligence created the universe and gives vital life force to each human being as Innate Intelligence. This Intelligence is most active as the nervous system, which is literally the electricity that maintains all of the functions of the body and mind.

A spinal adjustment by a chiropractic physician removes the interference of nerve flow which is caused by irritation to spinal nerves as they exit the spine. Most spinal nerve irritation is caused by muscles being too tight, which then pulls the vertebrae that they attach to, out of alignment, inflaming the nerves. Spinal manipulation successfully relieves the nerve pinching, which restores nerve flow, allowing your brain, muscles, organs, and skin to recharge itself. This is your Innate Intelligence at work! Therefore, chiropractic treatments correct the cause of musculoskeletal pain without needing unnecessary drugs or surgeries.

Who Needs a Chiropractor? -- According to medical literature approximately 80 percent of illness is related to stress and anxiety. There are very few of us who escape the negative effects of living in such a fast-paced and intense world. Most of the time, stress and anxiety will first show up as muscular tension. Because all of the muscles in your body attach to bones, eventually ALL muscular tension will cause the bones to move unevenly, pinching a nerve. When a nerve becomes inflamed, this is called a subluxation (literally defined as: a condition of less than normal light).

Subluxations are most commonly caused from sitting at a computer, lifting or bending improperly, mental or emotional stress, dysfunctional organs, motor vehicle accidents, work-related injuries, old and new injuries from sports, poor posture, reading or watching TV in the wrong positions, poor diet or scoliosis. Therefore, everyone, including babies, children and senior citizens, should be checked by a chiropractor at least twice per year.

Types of Chiropractic Care -- During the intensive phase of care, you'll experience relief from a variety of symptoms related to muscular tension, spinal disc bulging, and nerve pinching with corrective treatments of spinal manipulation, physical therapy, deep tissue massage therapy, stretching & yoga, acupuncture and lifestyle coaching. Our treatments will restore your range of motion to the joints and muscles, decreasing your stiffness and pain.

During the rehabilitative phase of care, you'll experience greater energy and vitality as the treatments restore and rejuvenate nerve tone throughout the muscles and organs. As your structural conditions stabilize, your pain will be gone and you'll learn how to strengthen your core muscles at home using a simple to use, resistance exercise device that prevents problems from returning and becoming arthritic in the future.

During the wellness phase of care, you'll be symptom-free, feeling "better than ever" and able to adapt to physical, chemical and emotional stressors. Receiving occasional treatments at regular intervals as a proactive part of your wellness program will help you enjoy optimum health.