
SCHILLINGER
CHIROPRACTIC
&
WELLNESS
CENTER

Voted "Best Chiropractic Office" by the Marin Independent Journal

DR. MARK SCHILLINGER, D.C.

Stress Management and Wellness Care

Physiotherapy

Reducing pain and inflammation is the first step towards correction of structural problems. Physiotherapy is used in conjunction with chiropractic treatments to reduce your pain and restore your ability to move without discomfort.

- **Electrical Muscle Stimulation** – electrodes applied to tight muscles quickly reduces tension, relieving muscular pain.
- **Ultrasound** - reduces soft tissue swelling; excellent treatment for muscular strains and ligamentous sprains.
- **Heat & Ice** – Using Thermophore technology, deep penetrating heat is used to relax muscles without causing dehydration; ice is used to decrease soft tissue swelling.

Exercise Rehabilitation

I will show you how to stretch and strengthen your muscles and joints right at home, without expensive machines. The routines I'll show you take no more than 1 -10 minutes to do. Combining simple practices from yoga, Pilates, and aerobics will virtually guarantee you freedom to move effortlessly as you get older, while preventing arthritis.

- **Stretching** -- in the first week of care (intensive care) you will learn simple stretching routines that you can do anywhere, anytime in one minute or less
- **Strengthening** -- in the second phase of care (corrective care), after your pain is gone and your range of motion has returned to normal, you'll learn how to use the Theraciser, a simple, inexpensive, Pilates home exercise device that tones your muscles
- **Aerobics** – you'll learn how to increase circulation without the need for any exercise equipment
- **Yoga** -- I have been teaching for 22 years and will be able to show you which yoga postures will be good for your structural problems and which ones will make you worse.

You Do Not Have To Be A Chiropractic Patient To Benefit From This Service