

## Treatments/Modalities

Syracuse Chiropractic utilizes the following services to facilitate patient comfort, enhance the healing process and optimize our patient's health.

- Gentle, safe and effective **adjustments** which realign your spine, allowing your nervous system to work properly and restore your body's natural ability to heal itself.
- **Ultrasound.** A form of therapy producing heat deep in your tissue, which increases circulation and enhances the healing process.
- **Heat.** Hot packs increase circulation and promote relaxation.
- **Electronic Muscle Stimulation.** A therapy which causes muscles to contract and relax. It is used to reduce muscle spasm and inflammation and promote relaxation, which enhances the healing process.
- **Acupuncture** is used to increase energy flow through networks called meridians, reducing symptoms.
- **X-ray On Site.** X-rays assist the doctor in identifying the source of a variety of health conditions. In addition to ruling out fractures, tumors or other health conditions, x-rays assist in providing a precise diagnosis of your condition.
- **Exercise Instruction And Rehabilitation.** Once your spine is properly aligned, strengthening the muscles supporting your spine is the next step to improving health and maintaining the gains made. Exercising properly is the key. We are happy to design appropriate exercises for your condition and work with you to make certain you exercise with the appropriate technique.

## Stages of Care

**Pain Relief** Chiropractic has a strong track record of pain relief. Depending on your conditions, relief may occur immediately or within a few weeks. As a general rule, acute or recent injuries respond fairly rapidly. Pain that appears more gradually generally responds more slowly, because degeneration has likely occurred and the problem is a bit more severe.

**Rehabilitation** Once pain has been relieved, chiropractic begins to work at its best. This is the phase of care designed to stabilize and correct the spinal alignment.

**Wellness** Chiropractic works with the science of the body's own remarkable ability to heal itself. Periodic check-ups and adjustments help to keep the spinal structure as healthy as possible.

### Benefits include:

Increased Vitality

- Optimum Potential
- Wellness
- Prevention

**He who has no time for his health today may have no health for his time tomorrow.**

## Chiropractic 101

Chiropractic is based on the natural, inborn laws of the body. It's as natural as the sun rising and setting every single day.

The brain is the master controller of all functions in our body. It directs every muscle, tissue and gland to do every single thing our body is supposed to do every moment of every day. The brain communicates with the body through the spinal cord, which is where nerves originate and branch out just like roots from a tree.

Every muscle, tissue and gland is integrally plugged into what we call the central nervous system. Our life force (nerve flow) travels through this system, providing the body with the ability to function at its optimum level. The spinal column, which protects this core system, must be in proper biomechanical alignment to allow the nerves free and clear access to all corners of the body.

A doctor of chiropractic specializes in finding misalignments in the spine because, no matter how simple or severe they may be, misalignments put pressure on nerves, thus interfering with nerve flow. Interference will cause your body to function at levels below your optimum. Each and every nerve is assigned to provide proper function to each and every part of our bodies. When nerve impulses and messages are cut off by a spinal misalignment, a certain part of our body will not function as it should. Subsequently, that "part" WILL deteriorate which you probably won't even notice until you are in pain. Regular chiropractic care keeps the messages traveling properly through the body as nature intended.

*The doctor of the future will give no medicine but will interest his patients in the care of the human frame, in diet and in the cause and prevention of disease.*  
*-Thomas Edison*

### **Dr. Nancy Davis**

Originally from Anthon, Iowa, Dr. Davis completed undergraduate studies at South Dakota State University in Brookings. Her Doctor of Chiropractic Degree was received from Northwestern College of Chiropractic in Bloomington, Minnesota, in 2000. Immediately following graduation, she worked with Dr. Mary Beth Minser for two years in St. Cloud, Minnesota. Dr. Davis practiced at Chiropractic Associates in Lincoln for three years until coming to Syracuse in 2006.

Dr. Davis uses a comprehensive range of chiropractic techniques including drop-piece, diversified (hands-on) and activator (light touch) tailored to patient needs. She is also certified in acupuncture which brings a natural alternative for additional pain relief, particularly for patients who have had previous spinal surgery, for whom adjustments are contraindicated, or for general relaxation.

### **Participating Provider for the following:**

- Medicare
- Medicaid
- Blue Cross Blue Shield
- United Healthcare
- Midlands Choice
- Coventry
- And others – call our office

### **Office Hours**

Monday	8:30 am – 6:00 pm
Tuesday	Closed
Wednesday	7:30 am – 3:30 pm
Thursday	10:30 am - 6:00 pm
Friday	7:30 am – 3:30 pm
Saturday	By Appointment Only

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