



# Renaissance ProAdjuster Wellness Center

## What is Chiropractic Care?

Chiropractic healthcare is a branch of the healing arts based on the scientific fact that our nervous system controls the function of every cell in our body. Interference to the nervous system commonly caused by subluxations, or a misalignment of the spine, will effect how the nervous system relates to the cells to which it travels. Doctors of Chiropractic essentially promote the healing process by minimizing nerve interference.

**With the expansion of our office we have added new services to help you, our valued client, improve your health and well being.  
Please take a moment to read about the new services we can offer you.**

**Physical Therapy:** Uses specially designed exercises and equipment to help patients regain or improve their physical abilities.

**Naturopathy:** A drugless system of therapy based on the use of physical forces such as heat, water, light, air and massage as primary therapies for disease.

**Reflexology:** The practice of massaging, squeezing, or pushing on parts of the feet, or sometimes the hands and ears, with the goal of encouraging a beneficial effect on other parts of the body, or to improve general health.

**Acupuncture:** One of the main forms of treatment in traditional Chinese medicine. It involves the use of thin needles that are inserted in the body at specific points. It is believed to adjust and alter the body's energy flow into healthier patterns and to treat illness.

**Personal Trainer:** Help clients assess their level of physical fitness and set and reach fitness goals. Trainers also demonstrate various exercises and help clients improve their exercise techniques.

**Nerve Conduction Studies:** NCSs show how well the body's electrical signals are traveling to a nerve. This is done by applying small electrical shocks to the nerve and recoding how the nerve works. These shocks cause a quick, mild, tingling feeling. The doctor may test several nerves.

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