

Electro-Muscle Stimulation (EMS) Trans-cutaneous Electrical Nerve Stimulator (TENS) Inter-Ferential Current (IFC) (LV) (HV) (PreM) (R) (C)

Electro-Muscle Stimulation (EMS), Trans-cutaneous Electrical Nerve Stimulator (TENS), Inter-Ferential Current (IFC) (LV) (HV) (PreM) (R) (C).....is a therapeutic treatment to aid in pain relief and promote soft tissue healing. Tiny amounts of electrical impulses are induced into the tissue adjacent to the injury. Where these waves intersect below the surface of the skin, low frequency stimulation is created, prompting the body to secrete endorphins (pain relieving hormones). Most patients find the treatment extremely beneficial and describe it as a "tingling" sensation. It is most often used for pain relief and to aid in reducing soft tissue swelling and promote an ideal environment for healing. Sprains, strains and muscle spasms often respond quickly to this treatment, which also prevents atrophy and increases blood circulation.

Ultrasound (US)

Ultrasound (US) is a therapeutic treatment using high-frequency sound waves in the region of soft tissue injuries. Sound vibrations penetrate deep into tissue, causing a heat response. These vibrations and heat break down and disperse calcium and other hard tissue accumulations like scar tissue. Relief comes a few minutes to hours later. The rise in deep tissue temperature increases blood flow and relaxes muscle spasms of which speeds the healing process.

Inter-Segmental Traction (IST)

Inter-Segmental Traction (IST) is a way of inducing.....full spine passive motion into the spine for the purpose of stretching spinal joints and increasing mobility. The patient lies face-up on a specialized table which has concentric cams under the surface. These rollers slowly travel the length of the spine, stretching the joints. Most patients find it relaxing and restful similar to massage.

Cold Laser (LED)

Cold Laser (LED), light emitting diodes create light photons that are applied to the tissue and absorbed by mitochondria in the cells. Original technology developed by NASA, this increases adenosine tri-phosphate (ATP) synthesis, which increases DNA and Protein synthesis within the cell.

The result of this process is faster repair of damaged tissue. It is effective management for acne, arthritic conditions, sprain/strains, and many others.

Medical Massage (MM)

Medical Massage (MM) Orthopedic massage involves therapeutic assessment, manipulation and movement of loco-motor soft tissue to reduce pain and dysfunction. Restoring structural balance throughout the body allows us to focus on both prevention and rehabilitation of musculoskeletal dysfunctions.