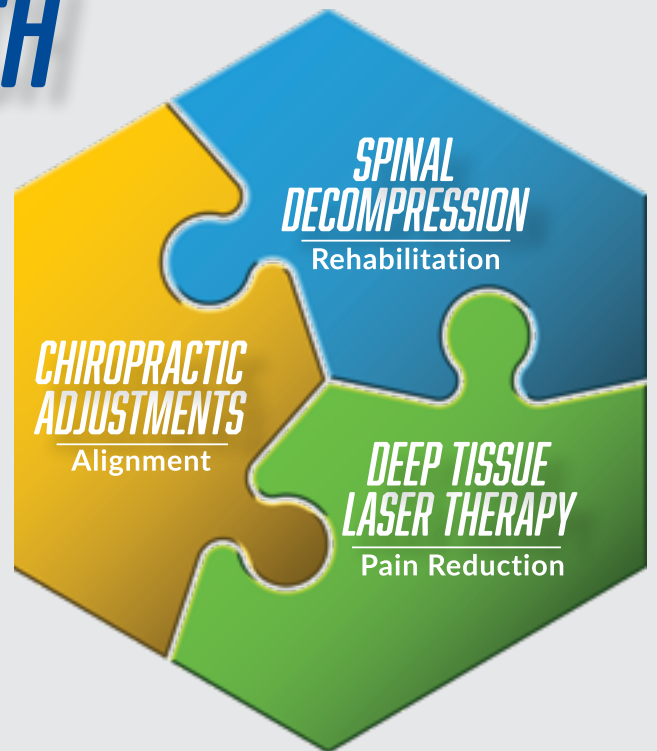


OUR UNIQUE APPROACH

Patients at Pray Chiropractic receive state-of-the-art treatment combinations that include **chiropractic adjustments**, computerized **spinal decompression**, and **deep tissue laser therapy**, allowing patients to get the most pain relief in the shortest possible time and create lasting results.

This unique three part approach is designed to improve the alignment of the vertebra, rehabilitate the spinal discs and promote healing of the soft tissues supporting the spine. This allows us to effectively treat patients of all ages for a wide variety of conditions, including headaches, back, neck and joint pain, even the most difficult cases.



1 - ALIGNMENT

CHIROPRACTIC ADJUSTMENTS

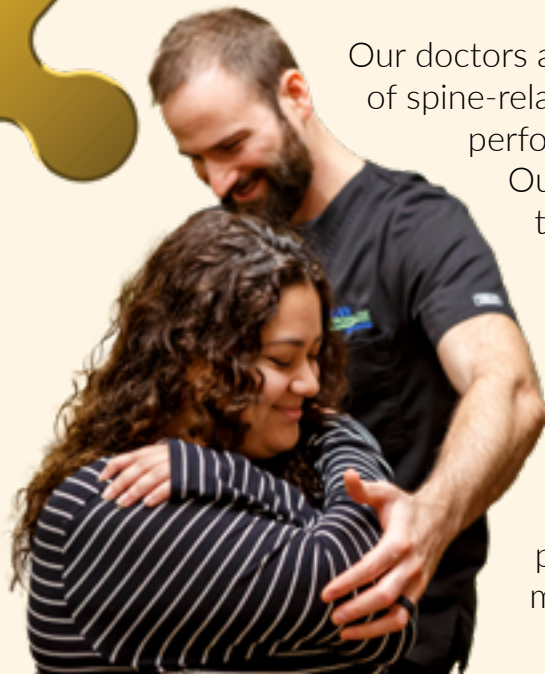
The primary course of care includes specific **CHIROPRACTIC ADJUSTMENTS** designed to return individual spinal bones to their proper position or motion. Spinal joints that are “locked up,” or not moving right can affect your health by irritating nearby nerve tissue. Chiropractic adjustments, over time, add motion to these stuck areas helping to restore proper nervous system function and can improve the healing process.

Our doctors are experts in the diagnosis and management of spine-related chiropractic disorders having successfully performed tens of thousands of adjustments.

Our doctors use several different adjustment techniques to maximize results while ensuring patient comfort.

Chiropractic adjustments actually feel good!

After an adjustment, many patients report a sense of well-being or a feeling of calmness. Others feel improved mobility or pressure reduction. Every adjustment is tailored to each patient’s size, age, and unique health problem making adjustments comfortable and effective.



2 - REHABILITATION

SPINAL DECOMPRESSION

Pray Chiropractic also offers computerized **SPINAL DECOMPRESSION THERAPY** a leading non-surgical treatment for back and neck pain caused by **bulging, degenerative, or herniated discs**.

Spinal Decompression Therapy slowly lengthens and decompresses the spine and this dynamic pull allows fluids to be pumped back into the discs so that they can heal thus reducing nerve pressure and pain. Some notice an improvement in their symptoms after the first few treatments!

Studies have shown that Spinal Decompression reduces disc herniation size in most patients while also decreasing pain up to 90%. The vast majority of even the worst cases experience significant, long-lasting relief, including those with spinal stenosis or even failed back surgery. Many patients report not only a reduction in their pain but a feeling that their backs have become more durable and stronger over the course of treatment.



3 - PAIN REDUCTION

DEEP TISSUE LASER THERAPY

The **40-WATT DEEP TISSUE LASER THERAPY** is a revolutionary technology that delivers light energy to damaged cells in order to increase blood flow and stimulate natural healing activity. This powerful laser aids in the treatment of conditions such as neck/ back pain, whiplash injuries, bursitis, and tendonitis.

As part of our **three-step system**, the 40-watt deep tissue laser **reduces pain** and inflammation quickly allowing chiropractic adjustments and decompression therapy to be **more effective and have longer-lasting results**.

Laser therapy is administered directly to the area of complaint causing a rise in temperature described by patients as a pleasant warm sensation. Our deep tissue laser is FDA cleared and represents a significant advance in pain-relieving technology. Treatments are painless and take only minutes. Many patients see pain reduction immediately after the very first treatment.

