

Treatments we use at Hartwell Chiropractic and Wellness Center

Diversified - standard, Patient lies on back or front or side, manual adjustment to specific

Activator (not formal activator method) - instrument with light but quick thrust.

Flexion distraction (Cox) – used to help pull a low back disk bulge back into place.

Gonstead - Like diversified but necks are adjusted with patient sitting.

Drop table - Patient face down, a portion of the table is cocked up, then quickly pushed down through the body at the place the joint needs treatment.

Logan Basic - Contact made at tailbone ligament allows the whole spine to be adjusted with gentle finger pressure.

Strain counter strain - (Dr. Hartwell) Gentle positioning of a painful area held 90 seconds to relax spasmed tissue.

Guasha (Dr. Marion and Karla, LMT) use of plastic tools to break down scar tissue and spasmed connective tissue.

Graston - Use of metal instruments to break down scar tissue and spasmed connective tissue.

Trigger point therapy - Specific tender knots in muscles treated with deep finger pressure.

Sweedish Massage - Standard therapeutic and relaxing massage.

Structural Release - (Dr. Hartwell) Deep technique to release the connective tissue (fascia) around muscles.

Kinesio taping - Specialized stretchy tape for treating injured muscles and joints.

Variety of braces and supports

Orthotics - Custom arch supports.

Variety of supplements - Vitamins, minerals, enzymes, herbs, glandulars.

Physiotherapies:

Ultrasound (U/S) – High frequency sound waves that vibrate (micromassage), heat, and have a chemical affect on inflammation and scar tissue softening.

Electrical Muscle Stim (EMS) - Interferential, High volt galvanic, Surging Sinewave..- to reduce pain, muscle spasm, inflammation and swelling, to improve blood flow .

TENSS Microcurrent - Portable devises for pain and tissue healing we can sell the patient for home use.

Laser - (Cold or low level laser) for tissue healing, and pain control through light therapy.

We offer in office and home instruction for proper use of Theraband exercises, Gym ball, foam rollers, and floor exercises to target specific muscle imbalances, by stretching tight muscles and strengthening the weak ones.