

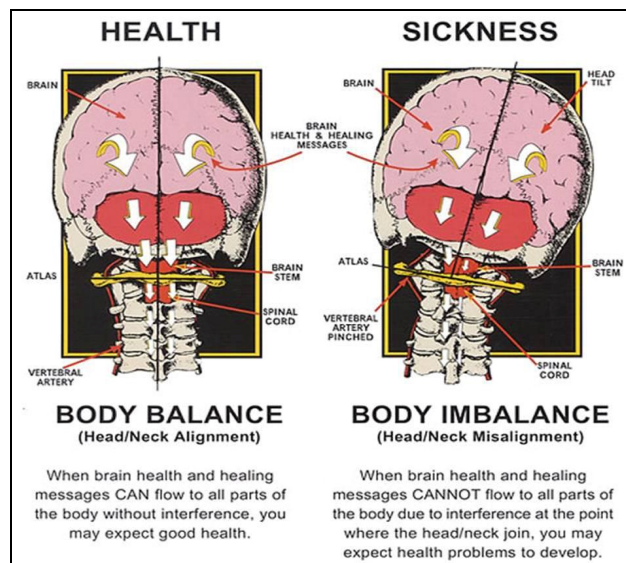
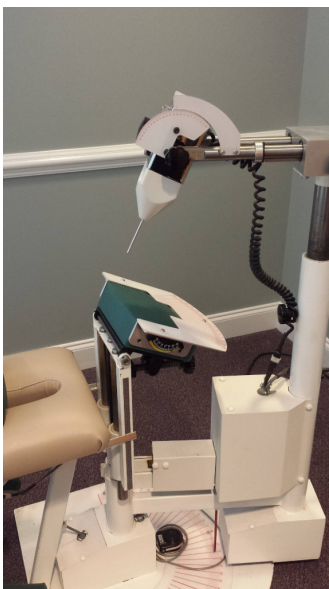
A Better Understanding of Our Chiropractic Approach

Whether you are new to chiropractic care or if you have enjoyed the benefits of chiropractic in the past, it is important for you to understand that we do things differently in this office. Our approach is very unique. Dr. Boccella is highly trained in the application of two instrument-based techniques – **Atlas Orthogonality and Activator Methods**. Neither requires your spine to be forcefully or manually manipulated. Neither produces the cracking sound, properly termed cavitation, during the adjustment. Both are painless, specific and highly effective. Dr. Boccella usually chooses to use these two techniques in combination because the “Atlas adjustment” affects the body structure from the *top down*, while the Activator Method adjustments are based on the foundation principles meaning it has a *bottom up* effect.

Atlas Orthogonality – www.atlasorthogonality.com

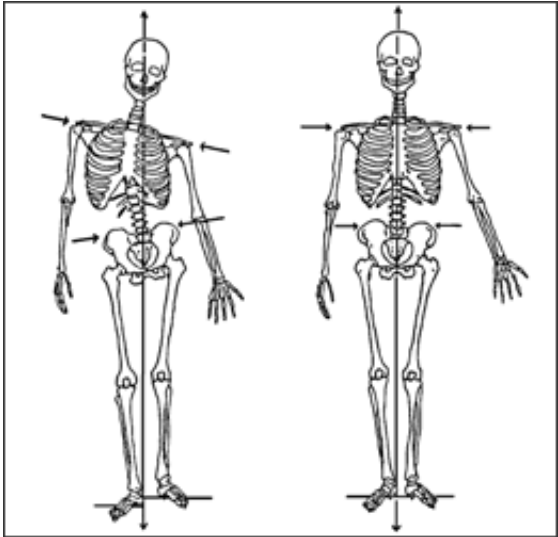
The Atlas Orthogonal chiropractic technique was founded by Dr. Roy Sweat in the 1960's. Atlas Orthogonality is based on the premise that if the top cervical bone in the neck, termed C1 or Atlas, is out of alignment with respect to the skull and/or lower cervical vertebrae, this will cause a shift in your entire body balance and overall spinal alignment. This shift or misalignment is called an Atlas subluxation. An Atlas subluxation may result in pressure and inflammation around a nerve causing a disruption of the normal function of the nervous system. This dysfunction may play a major role in a variety of symptoms and pain in different areas of the body. We know that your structure dictates your body function. These techniques are safe and effective for people of all ages.

The Atlas adjustment is delivered by an instrument called an Atlas Orthogonal Percussion Instrument (pictured, below left). The tip of the instrument is directed towards the soft area behind your earlobe. Using measurements from your cervical x-rays, Dr. Boccella will program your corrective vectors/angles into the instrument. A percussion/sound wave will be directed through the tip into your upper neck to adjust your Atlas back into a more aligned position, therefore affecting everything below it. The procedure is quick and completely painless.



Activator Methods – www.activator.com

The Activator Methods chiropractic technique was founded by Dr. Arlan Fuhr in 1967. This technique is based on the foundation principle. Meaning, our body alignment is directly affected from our feet upward, much like your home is affected by the stability of your home's foundation. Once you are lying in a facedown position, the examination protocol requires you to make various movements with your arms and head as directed by Dr. Boccella. The adjustments are delivered using a handheld instrument called an Activator (pictured below right). These adjustments are very precise and often totally painless. Dr. Boccella will be able to fully assess your entire spine as well as any other joints that may need to be adjusted such as your foot, knee, shoulder and TMJ.



Adjunctive Physical Therapies

Myofascial Release/Percussor – Used to help relieve tension and trigger points in the muscles.

Cold Laser Therapy – A non-invasive and natural form of light therapy used to help reduce pain and inflammation while promoting healing. Laser therapy is FDA approved to treat musculoskeletal conditions. It is completely painless with no known negative side effects

Cryotherapy & Moist Heat Therapy – Ice or heat to promote healing.

Wellness Support and Therapy

Nutritional Supplementation – We proudly offer a variety of nutritional support from several different GMP certified manufacturers.

Pulsed Electro-Magnetic Field (PEMF) Therapy – We utilize the state of the art technology of the MRS2000 to deliver the benefits of PEMF therapy including reduced pain and inflammation, calming of the nervous system, promotes healing response by energizing your cells, increased cellular alkalinity, better sleep and more.

EB Pro Cellular Cleanse – A 25 minute warm detoxifying footbath that helps to rid your body of free radical ions that cause inflammation, pain, fatigue, poor concentration and poor quality sleep.