

## Our Services

### Chiropractic Care

Chiropractic treatment is widely researched, practiced, and respected, and has been shown to be effective in treating a wide range of ailments, from allergies to whiplash. Its effectiveness in treating musculoskeletal disorders is well established. In fact, one of the most respected peer-reviewed medical journals in the world, the British Medical Journal, lists spinal manipulation as the only non-surgical treatment likely to be beneficial for acute lumbar disc herniation.

A healthy spine is an often overlooked and essential part of a healthy lifestyle. You do not need to be suffering from pain to benefit from chiropractic care. It is well established in the scientific literature that over 90% of the stimulation of nociceptors (sensor receptors that respond to pain) does not result in immediate pain. This means that dysfunctional joints can be causing problems you are not yet consciously perceiving. We perform specific chiropractic adjustments to restore motion into your joints, relieving pain and muscle tightness, and allowing your tissues to heal. We can provide gentle, non-force techniques to suit every individual's needs, including those of our pediatric and pre-natal patients.

### Soft Tissue Techniques

Whenever we're suffering from a biomechanical complaint, whether it's low back pain, or neck pain, or stiffness and pain in a joint such as the hip, knee, or shoulder, all of us recognize that the surrounding muscles are often tight and painful. When the cause of that pain is underlying joint dysfunction, this tightness is known as "muscle splinting". It is the body's natural reaction to protect the all-important joint.

At Tenney Chiropractic, we have expertise in a number of therapeutic massage techniques to help alleviate that muscle tightness and soreness, and speed the healing process. Our treatment methods often involve the use of these techniques to quickly reduce your pain, and bring the affected muscles into their natural, relaxed state.

### Physiotherapy and Rehabilitation

Dr. Rob will design an exercise program, if indicated, tailored to your specific condition. This may consist of exercises performed at home, or if required, in our rehabilitation room. Exercise is a key component of the healing process, helping to stabilize and strengthen deconditioned muscle groups.

We also offer various pain treatment modalities, such as electrical stimulation and ultrasound.

## Nutrition

Diet and nutrition play a critical role not just in your overall health and well-being, but in the healing process as well. We encourage you to ask us any nutrition related questions you may have, and will be happy to guide you through the sometimes overwhelming process of choosing nutritional supplements.

Dr. Rob has been trained in specific testing techniques that can help determine which supplements might be best for your condition. We will also carefully advise you of any possible interactions between dietary supplements and any prescribed medication you may be taking. We carry only high quality nutritional supplements in the office, and will be happy to order any additional supplements that you may need.

## Custom Shoe Orthotics

We offer Spinal Pelvic Stabilizers to our patients. These stabilizers are a style of flexible, custom-made orthotics which are worn in the shoes.

What do these stabilizers do?

Stabilizers help your feet maintain their structural and functional balance. Your feet are the foundation of your body. Any weakness or unstable positioning in your feet can, over time, contribute to postural problems in the rest of your body.

How are these stabilizers made?

You will step onto an electronic scanning device that will capture an exact impression of your feet while you are standing. You will be able to choose from a variety of styles of stabilizers depending upon the type of shoe in which you will be placing them. Your data will then be sent to a lab where the stabilizers will be custom-created to correct any imbalances found in your exam.

## Preventative Care

A common misconception about chiropractic care is that you need to be in pain in order to be under care. Nothing could be further from the truth. As we noted above, dysfunctional joints could be affecting your nervous system in the complete absence of pain. Chiropractic care is a step towards a healthier life style due to its positive effects on the nervous system. Regular chiropractic visits can help you feel and function better by improving joint dynamics, which helps restore or maintain unrestricted pain-free motion. By maintaining your body's joints, you can help slow the degenerative

processes that have been associated with aging.

Many professional athletes are under chiropractic care, not for pain reduction, but for the benefits of performance enhancement, and the acceleration of recovery from the stresses of their sport.

Chiropractic care is for everybody. From the youngest children to the elderly. Tenney Chiropractic can recommend a preventative care plan to suit your unique health goals.

## Prenatal Care

Chiropractic care in pregnancy can be very helpful. Preexisting unnoticed imbalances in your spine become stressed in pregnancy. A large percentage of pregnant women experience back discomfort and pain during pregnancy due to the rapid growth of the baby and its alteration of the body's structure. Chiropractors work specifically with your pelvis during pregnancy to restore its normal balance, creating an environment for an easier, quicker, and safer delivery. We also work directly with other health care providers to help ensure you and your baby's continued comfort and safety during the pregnancy.