



## WHY CHIROPRACTIC CARE DURING PREGNANCY?

**C**hiropractic care during your pregnancy is safe, gentle, and effective for treating many complications that a woman may experience during her pregnancy. Lower back pain is one of the major complications a woman may experience.

A woman's body is constantly changing throughout her pregnancy. These changing biomechanics will cause stress throughout her body. Specific chiropractic techniques and tools are used to ensure safety, comfort, and effectiveness of treatment

### How can chiropractic help with pregnancy?

Do you have any of these symptoms?

- ▶ Lower back pain
- ▶ Hip pain
- ▶ Post labor lower back pain
- ▶ Mid back pain
- ▶ Headaches
- ▶ Sciatica
- ▶ Biomechanical changes

During pregnancy a woman's body goes through biomechanical changes that alter the alignment of the spine. This misalignment will cause stress in the body which will lead to pain and discomfort.

## Massage

**HOW CAN MASSAGE THERAPY TREAT MY INJURY** - Whether you have an acute muscle injury, chronic pain or aching injury, massage can help. Your massage will enhance circulation, relax the nervous system, improve lymphatic flow and give you a sense of well-being.

**WHY CHOOSE MEDICAL MASSAGE FOR AUTO ACCIDENTS AND IMPACT INJURIES** - Medical Massage focuses on treating the cause of the problem, relieving back pain, neck pain, headaches and any muscular related pain or dysfunction caused by auto accidents and impact injuries. The goal is to help return the muscles to the naturally resting length, which enhances the functioning of the circulatory system to drive out toxins and increase the flow of the fresh oxygen-rich blood to muscle tissue.



### Testimonials

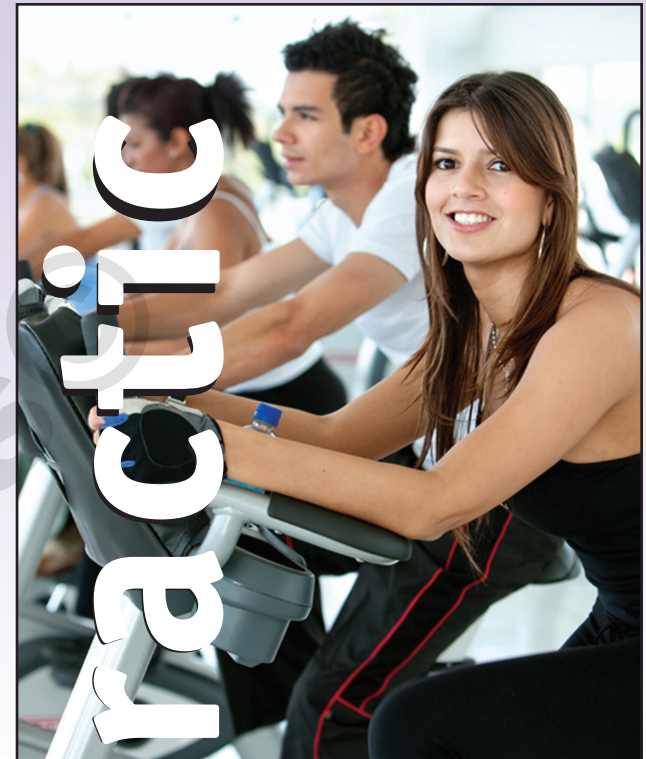
*I had severe pain from my car accident. Thanks to Dr. Taylor I'm feeling like a million bucks.* Lori A.

*I went to the hospital after my car accident and they sent me home and said the pain will go away. (It didn't) Luckily a friend told me about Dr. Taylor and now I'm feeling great.* Keyla B.

*I needed help walking into Dr. Taylor's office. He diagnosed me with sciatica and bulging discs. He put me on spinal decompression therapy and now I'm able to cook and clean the house again.* Joan B.



1201 Gum Branch Road, Jacksonville, NC



# Chiropractic

WHAT  
PATIENTS  
WANT TO  
KNOW  
ABOUT

**JACKSONVILLE  
CHIROPRACTIC**

**910-455-6696**

## Auto Accidents



### Confused What To Do After Your Auto Accident?

*What you do in the next few days after an accident can affect your health the rest of your life. In that split second you get thrown around in the car like a rag doll, and unable to stop your head from whipping back and forth.*

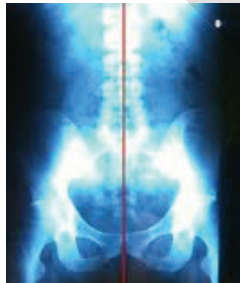
Don't minimize your injuries. Remember: Pain pills won't heal inflamed ligaments. Muscle relaxers won't heal torn muscles. Injuries left misaligned will lead to scar tissue. Scar tissue will cause weakness in the disc, supporting structures, muscles, and ligaments. Don't be like an automobile that is out of alignment and tires wear out early. Take care of your spine and your discs. Get Aligned today at **Jacksonville Chiropractic**. Chiropractic can help you get well and stay well after a whiplash injury.

#### TYPICAL AUTO INJURIES

**BACK PAIN** - Back pain can originate from a variety of sources like trauma and car accidents, work related injuries and other medical conditions. Pain is experienced when spinal muscles are injured. When injuries don't heal in the normal time frame, there is often underlying muscle distress, resulting in a cycle of chronic pain.

**BACK PAIN INJURIES** - Sprains are tears in the ligaments that support the spine, and they can occur from twisting or lifting improperly. Less commonly, back pain may be caused by more severe injuries that result from accidents and falls.

**NECK PAIN** - Neck pain after a car accident is commonly called whiplash. Whiplash can cause damage to the minute fibers of the muscles, tendons, and ligament of the neck and back. Non treatment of the neck injury may result in permanent loss of range of motion and persistent pain and headaches.



## Arthritis & Headaches

### ARTHRITIS

Arthritis is a degenerative process that worsens with time. It starts by some type of uncorrected injury or accident. Your body tries to adapt by depositing calcium into the affected joint. This process only causes more problems by the joints fusing together! We call this spinal degeneration or Arthritis. Arthritis is a slow process without any symptoms. It gradually worsens over the years. Unaware of the serious injuries to these affected joints, the problems worsen over the years.

Chiropractor's are trained to find areas of the spine that are not moving properly and use specific "adjustments" to improve the spines function and avoid spinal decay. When spinal decay is detected at an early stage, chiropractic adjustments can produce remarkable benefits. The powerful adjustment can help thousands of people from this painful, crippling disease. Medicare covers Chiropractic and no referral is needed. Call today!



### HEADACHES

*Regardless of the cause of the headache, you want it to end fast!*

Powerful drugs can help with headaches. This approach can be convenient, but can cause adverse effects and kidney or liver damage. Worse they don't correct the underlying cause of the headache. The most common cause of headaches are trauma, emotional stress, nutritional deficiencies, spinal misalignment in the neck. When spinal bones aren't moving right this can affect the nerves. Chiropractic doctors are trained to locate spinal joints.

## Spinal Decompression

### Are you having any of these symptoms?

- Decreased feeling in the toes and hands
- Numbness
- Trouble walking
- Pain sitting
- Pain when you cough

Many people suffer from severe back and neck pain as a result of herniated or bulging discs. In the past, a patient suffering from these symptoms went in for surgery or simply told to live with it. Now, thanks to a team of top physicians and medical engineers, there is an alternative to surgery.

**SPINAL DECOMPRESSION.** This treatment is safe and effective and no risk of surgery, anesthesia and injections. Spinal Decompression significantly reduces pain in many patients and enables patients to return to their normal lifestyles.

#### WHAT IS SPINAL DECOMPRESSION?

Excessive stress (car accidents) or disc injury weakens the outer disc fibers. As the outer fibers weaken the disc compresses and loses height. This will cause the vertebrae above and below to get closer together and put pressure on the nerve. We call this a pinched nerve. A pinched nerve is serious uncorrected and may cause serious health issues.

#### HOW DOES SPINAL DECOMPRESSION WORK?

Spinal Decompression is a non-invasive, non-surgical treatment performed by a computerized controlled table. The involved disc is isolated by tractioning and relaxing cycles throughout the treatment forming negative disc pressure. It works by separating the disc a few milometers creating retraction of the bulging disc and relieving pressure. This decompression helps pull water, oxygen and nutrients back into the disc. This negative pressure can actually help pull the disc bulge back into the disc, and healing of the outer disc begins.



### What conditions can be treated?

- Herniated Disc
- Bulging Disc
- Spinal Stenosis
- Sciatica
- Radiating and Numbness