

# Services Techniques

At Lakeland Chiropractic, we take great pride in providing the finest chiropractic wellness care to our patients. Below is a sampling of the different chiropractic services we offer in our Lakeland office.

## Services

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## Chiropractic Care

We provide advanced spinal correction utilizing "state of the art" chiropractic techniques. Never in the history of chiropractic have we been able to provide the level of help and expertise that now exists. These newer correction methods are even safer, more comfortable and more effective than ever before. As Doctors of Chiropractic, Drs. Darrin Jessop, Aaron Fearnley and Chase Fish combined have decades of training and experience in spinal care and wellness.



## Corrective Exercises

We teach our patients special "blueprint" exercises designed just for them to help strengthen and correct their own unique problem. These exercises can be performed in the comfort of your own home and can improve the effectiveness of your spinal correction by as much as 30-40%. In addition to skeletal misalignment, muscles and connective tissues can be out of place or strained by improper alignment and use. Specific exercises and stretches can help your body stay in balance and in health.



## Lifestyle Advice

We often find it helpful to "coach" our patients on certain activities they should avoid or do differently to avoid aggravating their particular health challenge. Our goal is to help every patient achieve a fulfilling and happy lifestyle full of the activities they enjoy most. We recognize that each our patient is a whole person, and help them reach true health and wellness is a collaborate effort between our professionals and our patients.



## Nutritional Counseling

We provide specific recommendations on nutritional supplements and healthy food choices to enhance our patient's return to optimal health. Do you know which supplements and vitamins are good for you Dr. Jessop can provide a structured nutritional program based on your individual needs.



## Spinal & Postural Screenings

Posture and spinal screenings can reveal important health information and unlock the door to improved health and well-being. We provide screenings at area malls, community events, health fairs and places of employment. Contact us today to arrange a screening at your event or workplac



## Physiotherapy

To complement and enhance the healing effects of our specific Chiropractic adjustment treatment, we at Lakeland Chiropractic also provide the following physiological therapeutic procedures:

- **Newly arrived** Multi-Radiance Super Pulsed Cold Laser therapy
- **Newly arrived** and cutting edge Cryofos Localized cryotherapy technology
- **Newly arrived** NormaTec PULSE Recovery Systems
- Interferential electrical muscle stimulation
- Ultrasound
- Microamperage neural stimulation
- Mechanical traction
- Moist heat therapy
- Work hardening rehabilitation program

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## Techniques

Drs. Jessop, Fearnley, and Fish have strived from the beginning of our training to expose ourselves to and learn as much as we can of the hundreds of different techniques taught. We pride ourselves in the diversity of techniques we have studied and become certified in. The following is a short list of just some the techniques that are offered:

- Diversified Technique
- ART (Active Release Techniques)
- Motion Palpation
- Cox Flexion Distraction
- Logan Basic Technique
- Activator Technique

- Sacro-Occipital Technique
- Applied Kinesiology
- Brimhall Technique
- Loomis Enzyme-Internal Health Specialist
- Thompson Technique