



HEALTH + CHIROPRACTIC

SERVICES

GROVE OFFICE

CHIROPRACTIC CARE



NEW PATIENT EXAM \$50

The new patient exam is a one-time fee and includes vitals, a review of medical history, and a physical exam performed by the doctor to determine severity of pain, range of motion, and other limitations.

ADJUSTMENTS \$45

Spinal adjustments restore motion to joints of the spine and extremities. Restricted joints cause pain, inflammation, and eventual degeneration. Restored motion results in proper spinal alignment, relief of nerve irritation,

and overall better health of the muscles, tendons/ligaments, and bones of the spine and extremities. We see and adjust across the lifespan beginning with prenatal care and pediatrics and offer a special family discount that is \$45 for each parent, \$25 for the first child, and \$10 for every additional child after that. Parent must be seen the same day for the family discount to apply.



X-RAYS \$75-\$125

When we make a chiropractic adjustment, we want the adjustment to be accurate and specific—this is what ensures that you heal as quickly and effectively as possible—having x-rays enables us to see very plainly where the problem is coming from and what we need to do to fix the problem. X-rays also show us where the most stress in your spine is coming from. Stress is caused by a joint that has been chronically restricted in its normal plane of motion. Evidence of chronic stress on a spinal joint is a degenerating disc, degenerating joint, or bone spur. Once these degenerative changes occur in your spine, they don't typically "go away" on an x-ray, however, by restoring motion to the joint it's occurring in, through specific spinal adjustments, we can completely stop, or at the very least, slow down the progression.



E-STIM THERAPY \$18

Muscle stimulation therapy, or E-Stim, is a therapeutic treatment that applies electrical stimulation to treat pain and muscle spasms and accelerate the soft tissue healing process. We also use this therapy to help build strength and prevent atrophy in patients with muscle injuries.



CHIROPRACTIC CARE CONT.

ULTRASOUND THERAPY \$18

Therapeutic ultrasound uses sound waves above the range of human hearing to interact with tissues in the body that are either modified or destroyed. It creates a deep heat and increases the blood flow to the area being treated to help reduce local swelling and chronic inflammation. Ultrasound therapy is a good option for conditions like tendonitis, plantar fasciitis, and rotator cuff pain.

INTERSEGMENTAL TRACTION \$15

Misaligned or stuck joints in the spine can hinder your movement and lead to pain. The IST table helps by gently mobilizing the stuck or fixated spinal joints and massages connected spinal muscles and tissues. It mobilizes the spinal column, affecting not only the vertebrae, but also the discs, ligaments, muscles, and tendons. The patient lies face-up on the table while the rollers gently move up and down the spine. This restores normal range of motion to the spine and promotes blood flow to your discs, muscles, and ligaments.



FOOT LEVELERS STABILIZING ORTHOTICS Footlevelers.com

Having good biomechanical function in your body starts with your foundation—the feet. Just like a house built on an unstable or unlevel foundation will eventually begin to crack in other areas, the tissues and joints of your body will also be affected by uneven load balances. Foot Levelers uses a high tech digital scanning device to assess the health, stability and “levelness” of the 3 arches in your feet. If a problem is detected, that scan is used to create a custom orthotic that fits easily into your shoes to restore your feet back to a balanced, level, and stable state.



MASSAGE THERAPY

MASSAGE THERAPY

\$45 for 30 min, \$75 for 60 min

Massage therapy offers a natural conservative treatment approach that relieves musculoskeletal pain for many patients. Our office provides specific massage and muscular therapy that is tailored to meet the patient's condition and injury. The benefits of massage therapy may include increasing blood circulation, reducing swelling, relaxing muscles, relieving muscle pain and spasms, and aid in recovery and range of motion.



THERAPEUTIC MASSAGE OPTIONS



DEEP TISSUE MASSAGE

Deep tissue massage is used to treat musculoskeletal issues. It involves applying sustained pressure using slow, deep strokes to target the inner layers of your muscles and connective tissues.

TRIGGER POINT THERAPY

The use of massage for trigger point therapy on a regular basis can help naturally manage pain and stress from chronic injuries. Pressure is applied to a trigger point long enough to release and relax the muscle. This increases blood flow to the muscle to allow normalization and bring it back to a healthy state.

LYMPHATIC MASSAGE

Lymphatic massage is a gentle form of massage used to relieve painful swelling caused by lymphedema. Lymphedema happens when a medical issue affects your lymphatic system. Lymphatic massage techniques move lymph from your tissues to your lymph nodes which eases the swelling in your tissues. This is

done by a two-step process: Clearing and reabsorption. Clearing releases the fluid in your tissues and that fluid is then reabsorbed by your lymph nodes to then be removed as waste.

REFLEXOLOGY

Reflexology is a type of massage that involves applying different amounts of pressure to certain points of the body. These points are connected to certain organs and body systems and when stimulated can ease stagnation or disruption in that area of the body.

CUPPING \$22

Cupping uses gentle pressure to pull muscles upward using glass or bamboo cups. Once suctioned, the cups are left in place for about ten minutes while the patient relaxes. The benefits include: releasing scar tissue and fascial adhesions, releasing trigger points, increased mobility and range of motion, improved blood and lymph circulation, and relieving pain.

ACUPUNCTURE \$60

Acupuncture is a treatment that inserts very thin metal needles into the skin at very specific points to stimulate healing. Some conditions commonly treated with acupuncture include TMJ disorders, peripheral neuropathy, migraines, chemotherapy-induced and postoperative nausea and vomiting, and fibromyalgia.

ESTHETICS



INFRARED/ LED LIGHT THERAPY \$25

Unlike ultraviolet light - which has damaging effects upon the tissues and cells of the body - infrared light helps cells regenerate or repair themselves. Infrared light also improves the circulation of oxygen-rich blood in the body, promoting faster healing of deep tissues and relieving pain.

All of our facials incorporate Infrared/LED light therapy (Double cleanse, facials serums, 20 min of infrared/LED light, and sunscreen afterwards).

Benefits of Infrared/LED light therapy include:

- Red: anti-aging, combats fine lines and wrinkles, promotes collagen production
- Blue: anti-acne, kills bacteria on and under the skin
- Yellow: reduces redness and hyperpigmentation, soothing skin ailments

TEEN FACIAL \$30

Treatment length 30 min

A basic facial tailored to the specific needs for your teen. Includes cleansing, mask, serums and LED light therapy. Helps to set good skincare habits and promote healthy skin, while decreasing acne, acne scarring, and uneven skin tone.

EXPRESS FACIAL \$40

Treatment length 30 min

The perfect facial for a quick pick me up, mentally and physically. Cleanse, facial massage, face mask or enzyme, LED/Infrared light therapy with tailored serums.

BASIC SPA FACIAL \$70

Treatment length 45 min

A spa facial consists of a facial tailored to your skin type: cleanse, tone, face/neck/shoulders/scalp massage, mask, hyaluronic acid serum, LED light therapy, and moisturizer/SPF application. Add Hydrojelly mask for \$10.

DERMAPLANE FACIAL \$70

Treatment length 45 min

Dermaplaning is a procedure that mechanically exfoliates the skin with a scalpel, ridding it of dirt, dead skin and vellus hair, better known as "peach fuzz", face mask, & LED light therapy. Substitute an enzyme peel or Hydrojelly mask (\$10) for the face mask.



ESTHETICS CONT.

MICRODERMABRASION FACIAL \$70

Treatment length 45 min

Microdermabrasion is a mechanical exfoliation procedure that uses tiny crystals to exfoliate and suction to remove skin cells. Microdermabrasion can help improve skin appearance by reducing fine lines, early sun damage, and mild, shallow acne marks. Consists of cleansing, microdermabrasion, face mask, and LED light therapy. Substitute an enzyme peel or Hydrojelly mask (\$10) for the face mask.

CORRECTIVE SPA FACIAL \$90

Treatment length 45 min

Consists of a facial tailored to your skin type: cleanse, dermaplane or microdermabrasion (you choose), facial, neck/shoulder/scalp massage, mask, hyaluronic acid serum, LED light therapy, moisturizer, and SPF. Add Hydrojelly or enzyme mask for \$10.



DERMAPLANE + MICRODERMABRASION \$100



Treatment length 60 min

Dermaplane facial + Microdermabrasion, pair together for a deeper exfoliation to maximize product absorption and efficiency.

HOLISTIC SPA FACIAL \$100

Treatment length 60 min

Spa Facial including facial massage, Gua Sha lymphatic drainage, facial reflexology and/or facial cupping. Includes a cleanse, toner, mask, serums, and LED light therapy.

NANO-NEEDLING, MICROCHANNELING NANO

\$100

Treatment length 45 min

The nano needling option is a great option for those with a low pain tolerance or sensitive skin. Nano-needling stimulates collagen production in the skin by safely infusing active ingredients from serums through tiny nano-channels. This is very similar, but less invasive than micro-needling. This treatment combats fine lines, acne, hyperpigmentation, and other skin blemishes through the transdermal delivery system for increased effectiveness of serums. Unlike microneedling, nano-needling does not require any numbing cream and will painlessly smooth the skin's texture to leave your skin glowing by triggering your body's self-rejuvenation process. Nano-needling addresses skin concerns similar to micro-needling such as fine lines,

hyperpigmentation and elasticity. There is no downtime with nano-needling and you won't experience any redness or swelling. Nano can be done prior to a face mask, enzyme peel, or chemical peel to set the stage.

STUDENT SPECIAL

\$25 APPOINTMENTS

If you're 22 years old or younger and currently enrolled full-time in school or college, we have an exclusive offer just for you! Participants in sports, band, dance, robotics, or any active extracurriculars, are eligible to enjoy a special \$25 appointment deal. This includes exams, adjustments, therapies, and x-rays.

SCHEDULING APP

Established patients can schedule, reschedule, and cancel their adjustments along with seeing all scheduled appointments in one place by using our scheduling app! Group or individual appointments for anyone linked can be scheduled all by one person.

Call, text, or ask the front desk for your patient ID to sign up!

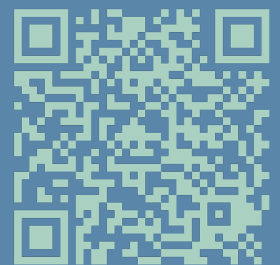


SUPPLEMENT DISPENSARY

Check-out our online dispensary where you have access to thousands of high-quality supplements with the convenience of being delivered right to your door!

Scan the QR code or go to:

<https://us.fullscript.com/welcome/sferguson1695746986/store-start>
to sign up and get our patient discount!



 **Fullscript™**





DR. JOE & DR. SAMMIE FERGUSON

Dr.'s Joe and Sammie Ferguson established Lake Health and Chiropractic in 2009 with a focus on precise spinal adjustments and personalized treatment plans rooted in scientific principles tailored to individual needs. We are dedicated to delivering timely, excellent service to our patients during every visit. Our philosophy involves collaborating with other holistic practitioners, such as massage therapists, to comprehensively address your natural health needs. Your well-being is our utmost priority, and we are committed to helping you achieve and maintain your health goals.

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