



HEALTH + CHIROPRACTIC

SERVICES

MIAMI 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.

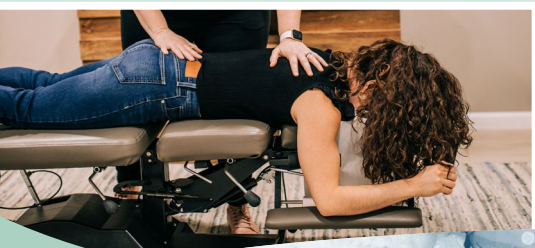
ULTRASOUND THERAPY \$18

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.



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.



MASSAGE THERAPY

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\$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.

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!

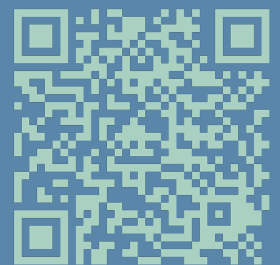


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DR. DUSTI TATUM

Dr. Dusti is an Oklahoma native, born and raised in Chelsea. She has a Doctorate in Chiropractic and a Bachelor's in Anatomy and Health Science from Parker University in Dallas, Texas. She has a Masters of Science in Functional Nutrition.

Along with Chiropractic, she is trained in acupuncture, a tool she believes in to help relieve musculoskeletal pain. In addition, she has a passion for helping people achieve their personal health goals. She enjoys serving the community of Miami in helping facilitate healing journeys for those that want to take healing into their own hands. Dr. Dusti also graduated from NEO in Miami, where she received training as a physical therapist assistant and her Associate's in Applied Science.

Dr. Dusti loves spending time with her husband, family, and friends outside the office. She also enjoys indoor rock climbing, caring for her plant babies, and getting a good workout in to recharge.

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