

Performance Plus Chiropractic Website Copy for Chiropractic Website

In Pain? Five dangerous words: "Maybe it will go away."

At Performance Plus Chiropractic our mission is to provide you the best spinal and extremity adjusting possible so that you can lead a more pain-free, active, productive life. Our patients fall into one of three categories; those looking for immediate relief from pain, those who want to correct the cause of the problem, and those that continue treatment to maintain an optimal level of health and well-being.

Our emphasis is in the treatment of chronic pain and sports injuries, therefore we devote more time to you than most offices because these conditions require it. We start with an in-depth current and historical assessment to uncover the underlying cause of your pain. This is essential to addressing the issues that perpetuate the pain cycle.

A treatment program will be customized to meet your individual needs. You will become well educated about your condition and empowered to take an active role in regaining your health and well-being.

Our chiropractic practice is conveniently located near Washington Square in Beaverton. Call us today for an appointment at 503-641-9414.

Health is not how you feel it's how you function

Dr. Brooks, a licensed Chiropractor since 1992, knows first-hand how an injury, and the pain that goes with it changes your life. After being injured and enduring the failure of conventional methods of medicine and physical therapy, her journey to wellness led her to chiropractic care and therapeutic massage.

At last she regained the quality of her life. Fearful that it could happen again and wanting to learn more, Dr. Brooks began Chiropractic College. Since earning her degree, her passion has been to help those suffering with chronic pain.

Treating patients who suffer from chronically painful conditions can be a little like being an active participant in a mystery movie. The key is old-fashioned determination, watching and listening for hidden clues to ferret out the underlying causes, and then to test this hypothesis over and over again. The process can be baffling and frustrating, but when a patient who has suffered for years finds resolution from his or her pain, the rewards are beyond measure.

Contrary to the medical model where something is done to you or for you, Dr. Brooks believes that you should be actively involved in the healing process. As an active participant, you may need to make lifestyle changes such

as dietary modifications, perform regular stretches and/or exercises, wear orthotics, and/or modify your vitamin consumption. In some cases it may be necessary to co-treat with another doctor.

There is a reason for your pain. Call Dr. Brooks for a consultation at 503-641-9414 to get started on your road to recovery.

A treatment plan customized just for you

Typically, we think of pain as bad. In actuality, pain can be beneficial because it is telling us that something is wrong. It keeps us from injuring ourselves more, prompts us to take corrective action, and gives clues to the origin of the problem. Barring an accident, pain oftentimes occurs late in the game and dissipates rapidly when perpetuating factors are addressed.

Our services are designed to get to the root of the problem and eliminate the cause of your symptoms. Chiropractic care is a safe, drug-free, holistic approach that can help relieve pain and improve your quality of life. Below is a summary of our services and techniques.

Website Copy
Writer

Performance Plus
Chiropractic

**PERFORMANCE
PLUS
CHIROPRACTIC**

Myofascial Release Work

This is a technique that applies gentle sustained pressure which helps to reduce pain and restore motion. A form of stretching and balancing, it involves releasing and unwinding the fascia (connective tissue) that surrounds each muscle and interconnects the parts of the body. This tissue layer stores memory of physical trauma and releasing these restrictions allows the reduction of recurring physical pain.

Augmented Soft Tissue Mobilization

This is a non-invasive therapy that treats chronic, nagging problems resulting from scarring and fibrosis. It rejuvenates muscles, tendons and ligaments. Chronic soft tissue problems of tendons, ligaments and muscles are often degenerative rather than inflammatory. Anti-inflammatory medications may temporarily reduce pain but not resolve the problem. The underlying fibrosis needs to be physically treated.

Trigger Point Therapy

This is a technique that applies pressure at the source of pain which helps to relax the muscle. Trigger points are areas of pain commonly found in or around muscles, but can also be found in ligaments, fat tissue, periosteum, and even the skin. When a muscle incurs injury, it contracts around the painful site to support and protect the area. If pain is resolved quickly, the muscle relaxes. If pain per-

sists, muscles can become habitually contracted. Sometimes these contractions press on nerves causing tingling, numbness, and more pain. When a muscle is deprived of healthy circulation, it doesn't receive enough oxygen or nutrients and waste products accumulate. This can result in fatigue and soreness. It can also irritate nerves in the area, causing pain to spread beyond the congested area.

Adjusting

An adjustment uses specific force in a precise direction applied to a joint that is fixated, "locked up", or not moving properly. This increases range of motion and helps the bones gradually return to a more natural position. Adjustments are usually associated with the neck and back, but are also effective for extremities like ankles, knees, and elbows. The purpose of this safe and natural procedure is improved spinal and nervous system function and improved health.

Physiotherapy

This group of techniques promotes early injury recovery through therapeutic massage, hot packs, ultrasound, various electromuscular stimulation modalities, manual traction, and cold packs.

Sports Massage

This is a form of massage therapy that focuses on muscle systems relevant to a particular sport. It is used before,

during, and after athletic events. The purpose is to prepare the athlete for peak performance and to help prevent injuries.

Need sports massage therapists for your event?

Performance Plus coordinates therapists to work at local sporting events for a fee. Please call us at 503-641-9414 to find out how we can assist you at your next event.

Answers to your questions

What is chiropractic?

Chiropractic focuses on disorders of the musculoskeletal and nervous systems and their effect on overall health. Care is commonly used to treat back, neck, hip, shoulder, knee, foot and elbow pain and headaches. Chiropractors have a holistic approach that uses therapeutic techniques and lifestyle changes to help promote the body's natural healing ability.

Website Copy
Writer

Performance Plus
Chiropractic

PERFORMANCE
PLUS
CHIROPRACTIC

What conditions does a chiropractor treat?

- Back and neck pain
- Headaches
- Leg and arm pain
- Elbow and knee pain
- Chronic pain conditions
- Sports injuries
- Numbness/tingling
- Disc problems
- Sciatica
- Chronic constipation

How can chiropractic treat all of these different conditions?

Your body is run by your nervous system which is housed within the spine and cranium. Improper movement of the spine can interfere with the function of the nervous system. Your nervous system runs everything in your body including your digestion, immune function, and coordination. Therefore, a misalignment in the spine can cause a wide variety of symptoms in many parts of the body.

Is chiropractic treatment safe?

Chiropractic is widely recognized as one of the safest drug-free, non-invasive therapies available for the treatment of neuro-musculoskeletal conditions. Although chiropractic has an excellent safety record, no health treatment is completely free of potential adverse effects.

The risks associated with chiropractic, however, are very small. Many patients feel immediate relief following chiropractic treatment, but some may experience mild soreness or aching, just as they do after some forms of exercise.

What type of education and training do chiropractors have?

Chiropractors are educated as primary contact health care practitioners, with an emphasis on musculoskeletal diagnosis and treatment. Educational requirements for doctors of chiropractic are among the most stringent of any of the health care professions. The typical applicant at a chiropractic college has already acquired two years of pre-chiropractic undergraduate college education, including courses in anatomy & physiology, inorganic and organic chemistry, physics, psychology and related lab work. Once accepted into an accredited chiropractic college, the requirements become even more demanding — four academic years of professional study are the standard. Because of the hands-on nature of chiropractic, and the intricate adjusting techniques, a significant portion of time is spent in clinical training.

In total, the chiropractic curriculum includes a minimum of 4,200 hours of classroom, laboratory, and clinical experience. This course of study is approved by an accredi-

ing agency that is fully recognized by the U.S. Department of Education

How Long Will I Need Chiropractic Care?

Chiropractic care is hands-on in nature so a patient typically visits their chiropractor for a series of treatments. In contrast, treatment from medical doctors may involve a plan that is conducted at home like taking an antibiotic once a day for a couple of weeks.

It is nearly impossible to estimate with accuracy the length of time it will take to resolve chronic conditions with all of their associated complexities. Stress, diet, lifestyle, commitment level, expectations, physical impairment, belief system, and general health status will ultimately dictate the type of care a patient selects. Some are looking for relief from pain, others want to correct the cause of the problem, and a few want to continue care to maintain an optimal level of health and well-being.

Website Copy
Writer

Performance Plus
Chiropractic

**PERFORMANCE
PLUS
CHIROPRACTIC**

There is no panacea, no silver bullet that works for everyone all the time. Some cases that we expect to be difficult resolve beautifully. Some cases are complicated and demand a steadfast commitment by the provider and the patient to obtain resolution. A few cases are co-treated to obtain optimal results that no single discipline can provide independently. How long you decide to benefit from chiropractic care is always up to you.

What is an adjustment?

An adjustment uses specific force in a precise direction applied to a joint that is fixated, "locked up", or not moving properly. This increases range of motion and helps the bones return to a more natural position. Adjustments are usually associated with the neck and back, but are also effective for extremities like ankles, shoulders, hips, and wrists. The purpose of this safe and natural procedure is improved spinal and nervous system function and improved health.

How will the adjustment help me?

Adjustments help eliminate interference that prevents your body from healing itself. Misaligned vertebrae interfere with your nervous system and affects organs and muscles throughout your body. Your chiropractor treats the underlying problem which can alleviate painful symptoms.

Does Chiropractic adjustment hurt?

Most chiropractic adjustments are painless and many times feels good. We perform muscle work beforehand to ensure that you are relaxed to minimize discomfort. Some patients experience mild soreness afterward. This is a normal reaction and should be no cause for concern.

Is chiropractic care for children gentle? Is it safe?

Yes. Children are physically active and experience falls and bumps during play and from participating in sports. Injuries may cause symptoms that include back and neck pain, stiffness, soreness, or discomfort. Chiropractic care is adapted to the individual patient and in the case of children, very gentle.

Website Copy
Writer

Performance Plus
Chiropractic

**PERFORMANCE
PLUS
CHIROPRACTIC**