

Treat others the way they need to be treated

All athletes experience a variety of injuries and problems throughout their careers. Is it ever really fair to say that every athlete with IT band syndrome needs to foam roll their thighs? Or that all plantar fasciitis is from fallen arches? Do we all need to supplement with the same multi vitamin? Why do some people respond well to massage while other people respond well to physical therapy and others to chiropractic care. The answer is: every patient with a given problem has that problem for their own specific reasons, and so, needs to be evaluated and treated on an individual basis.

I tell most of my patients that if we had 100 people with the same condition. We would also have 100 different causes for that condition and 100 different treatments required to help each person. If you are looking for a “cure all” treatment for any particular condition you will not find it. What works for one person does not always work for all people.

The next logical question is, how do you know what treatment will work best for you? One way to figure this out is to use Applied Kinesiology. Applied Kinesiology is a diagnostic and therapeutic patient care system which helps to determine what to do, to who, and when. Applied Kinesiologists have an extremely large tool box. This tool box includes but is not limited to massage/muscle techniques, chiropractic adjustments, physical therapy modalities, acupuncture, herbal remedies, ability to give stretching/exercise programs, and a very broad understanding of how the body is designed to function. One of my mentors always says love of a technique is the tool of a technician, love of the patient is the tool of a physician.

Typically a patient comes to our office with a variety of complaints and conditions. These range from neck pain, back pain and headaches to tennis elbow, asthma, plantar fasciitis, irritable bowel syndrome, and GERD. For the most part these patients are seeing a gastroenterologist, orthopedist, psychologist, and pulmonary specialist. They are on 5 different medications each one attempting to relieve a particular symptom. For some people this approach is exactly what they need, but others maybe not. It is very common for me to have a patient like this come into my office and for us to discover that the majority of these complaints can actually be traced to only 2 or 3 problems, which when corrected will take care of all or most of the other symptoms.

Our bodies are extremely complicated machines which have the ability to heal and regulate themselves. If there is a dysfunction in the body, especially a chronic one, it will ultimately lead to compensations in your ability to perform. This will lead to more dysfunctions followed by more compensations and so on. After a while it is difficult to remember where it all started. Using Applied Kinesiology techniques getting to the root cause of the problem becomes very clear and deciding the appropriate treatment is equally as apparent. We are able to use your body as its own diagnostician, deliver the appropriate treatment, and then recheck our work to make sure you got exactly what you needed on that particular visit. This virtually eliminates all guess work about what is wrong, and what you need to correct it.

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