

As a Chiropractor my first goal is helping patients feel better. While many of my first-time patients come in seeking pain management assistance with back or neck pain, I can do so much more to help your body be the best it can be. Dr Michele Broadhurst, has 17 years of experience combining precise, gentle spinal adjustments with myofascial work (for athletes and everybody else), nutrition and therapeutic exercise. This holistic combination helps patients suffering from headaches and migraines, sports injury, car accident injury, work injury, TMJ, carpal tunnels syndrome, fatigue, etc. The main message I have for everybody is that these drug-free, non-invasive therapies help you become healthier than you imagined you could be.

Your Path from Pain Management to Optimal Health.

From way before you were born, your spine began protecting and housing your spinal cord, which is your body's information super-highway. When all of the vertebrae are properly aligned, your nervous system can deliver messages between your brain and the rest of your body without interference. When the vertebrae are out of optimal alignment, however, these critical messages do not reach their intended destinations and things start to go wrong. Spinal misalignments (what chiropractors call "subluxations") and a suboptimal nervous system, leads not only to back pain, but to pain and dysfunction of any bodily systems controlled by those nerves. Dr Broadhurst diagnoses, then treats subluxations with the goal of bringing the spine back into its correct alignment. Releasing those irritated nerves helps with pain management and injury recovery but can also help otherwise healthy people improve their overall health by encouraging the body's self-healing mechanisms.

The spine can become misaligned in any number of ways. It can be shifted out of optimal alignment during a car accident injury or a sports injury. Very often, years of poor posture habits (or even sleeping on a mattress that is too hard or too soft) will adversely affect posture, leading to a less than optimal nervous system. No matter what the cause, Dr. Broadhurst works with each individual patient, carefully diagnosing the location of the subluxation, and then correcting it over a series of spinal adjustments. Most patients report relief after the first session.

Because I believe in total wellness and health, I also offer several complementary treatments and techniques to support a healthy spine and a healthy lifestyle. Myofascial therapy helps relax musculoskeletal tensions that adversely affect spinal alignment, and it actually helps improve range of motion, circulation and contributes vastly to pain relief and stress relief, as well as improved athletic performance. I also offer nutrition and exercise guidance to help my patients achieve their health goals. All of these techniques spur the body's self-healing abilities, are drug-free and work together for pain relief and overall wellness.

How Acupuncture and Chiropractic work together.

Even though these two treatment modalities are very different in origin and history, they are both gentle, non-invasive, and do not require the use of drugs. Both of these

therapies can help promote whole-body healing while targeting a specific injury in the body.

The process of acupuncture promotes the release of endorphins and the flow of blood in the body. If you have acupuncture before your chiropractic adjustment, your muscles may be more relaxed and less stiff than if you did not have acupuncture. As a result, our chiropractic adjustments are easier to make and will last longer. Over time this means that you can get better faster and experience less pain and inflammation while you are healing.

If you still experience chronic pain in between chiropractic treatments, acupuncture can reduce pain levels in a healthy and natural way. This can help you feel better and have more energy in between our adjustments.

What is Acupuncture?

Acupuncture works on the energy flowing through the body's meridians. As this energy, or qi, becomes stagnant, it can cause pain in the body. By applying very thin needles to points along the body's meridians, an acupuncturist can push stuck energy and restore wellness. Needles typically remain in place for a half-hour. During an acupuncture treatment, many patients report feeling calm.

Acupuncture can help treat anything from allergies or arthritis to chronic low back pain or a seasonal cold. Many of our patients report feeling nervous about the use of needles at first, but quickly relax once they see how tiny the needles are and learn that the acupuncture needles do not hurt going in.

What is Dry Needling?

Dry needling is also called trigger point dry needling or myofascial trigger point dry needling. It is done by acupuncturists, some chiropractors, medical doctors, and some physical therapists (PTs) to treat myofascial pain. The word "myofascial" is made up of the roots "*myo*" (which refers to muscle) and "*fascia*" (which refers to the tissue that connects muscle).

Muscles sometimes develop knotted areas called *trigger points*. These trigger points are highly sensitive and can be painful when touched. They are also often the cause of referred pain (or pain that affects another part of the body). Clinicians push thin solid needles through the skin into trigger points. The needles are used to stimulate the tissue, not to inject medication.

Pain affects how your body moves. It is thought that dry needling changes the way the brain and muscles talk to each other to let the system return to a more normal movement pattern.

A patient may experience different sensations when being needled, muscle soreness, aching and a muscle twitch when a needle is inserted is considered to be a good sign. The needles may be placed deeply or superficially, there is generally a twitch response(

where the muscle reacts to the needle) and then the needle is removed, and this helps the body facilitate healing.

What kinds of pain does dry needling treat?

Dry needling is almost always used as a part of an overall plan that will likely include some type of exercise, manual therapy, heat therapy, and education. Dry needling is used to increase range of motion that may be limited due to muscle tightness or scar tissue. Dry needling may also treat:

- Joint problems
- Disk problems
- Tendinitis
- Migraine and tension-type headaches
- Jaw and mouth problems (such as temporomandibular joint disorders or TMD)
- Whiplash
- Repetitive motion disorders (like carpal tunnel syndrome)
- Spinal problems
- Pelvic pain
- Night cramps
- Phantom pain
- Post-herpetic neuralgia (pain left behind by shingles)