

Pain Management &
Surgery Prevention



WELLNESSMD



OUR OBJECTIVE

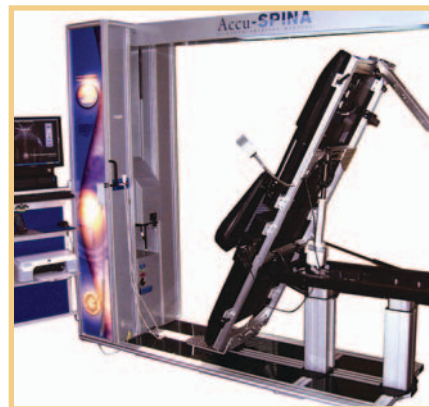
Our objective at WellnessMD is to provide natural, drugless, non-surgical health treatments, relying on the body's inherent recuperative functions in order to promote healing and injury prevention.

ABOUT CHIROPRACTIC

Chiropractic care is widely accepted as a legitimate science and is the largest and one of the most effective alternative healing professions in the World. Chiropractors are highly trained professionals with several years of premedical training followed by specialized education, which results in a Doctor of Chiropractic (DC) degree.

Treatments performed by a chiropractor gently realigns the spine, relieving pain and many other ailments caused by stress, accidents and poor posture. A healthy spine is extremely important to everyone, because most of the body's functions are controlled through the spine. Chiropractic removes nerve interference, allowing the body to heal and function naturally.

Our facility offers multiple attitudes and disciplines of traditional and modern chiropractic care. It is a known fact that chronic or recurrent pain conditions are either caused by, or will result in coinciding muscular weaknesses. Confronting these functional weaknesses through a specific and graded treatment process improves a person's ability to perform the "activities of daily life" with less pain and decreases treatment dependence and need.



DR. WILLIAM VANDERBROOK

With additional certifications in Manipulation Under Anesthesia, Spinal Decompression Therapy and Sensory Nerve Testing, Dr. Vanderbrook's goal is to educate the public on alternative ways to treat pain. He is a firm believer in preventative medicine, and over the years has developed his own medical protocols through his experiences working with specialists such as, Neurologists, Internists and Physical Therapists. In addition, he is passionate about staying current on the latest treatments available. Dr. Vanderbrook treats each patient with a team approach and has brought the 21st century into his practice with the most advanced therapies and diagnostics, but never forgets that listening to his patients and spending time with them is the most valuable tool of all.

TREATMENT PROTOCOLS AT WELLNESSMD

Through the use of the latest in diagnostic technology, WellnessMD can effectively diagnose your problem and formulate a customized plan of action to treat you with optimal results. Some treatments offered at WellnessMD include:

DETOXIFICATION THERAPY: Detoxification therapy combines a variety of techniques that are designed to assist the body in removing the buildup of potentially harmful chemicals and toxins. The purpose of this therapy is to improve the body's overall well-being through internal cleansing and purification.

HERBAL SUPPLEMENTS: In some cases herbal remedies are recommended which may help ease muscular tension, help patients to relax, decrease inflammation, or reduce pain symptoms.

MANIPULATION: Manipulation and mobilization are used primarily in the treatment of conditions related to mechanical-type problems in joints and muscles. Manipulation is a hands-on procedure used to restore normal movement and reduce nerve irritability by loosening joints and stretching tight muscles. In some cases, manipulation will restore normal movement by unlocking a joint or by breaking down adhesions.

ELECTRONIC STIMULATION: Electronic Muscle Stimulation is a form of muscle therapy that improves circulation, reduces muscle pain and spasm, inflammation and enhances soft tissue healing. Small pads are placed on the area of pain/muscle spasms. Small electrical impulses are sent through these pads. The impulses cause a contraction of the muscle while it is at rest, which helps decrease spasms and increase healing and strength.

THERAPEUTIC MASSAGE: Massage is a manual manipulation of the body's soft tissue for the purpose of stimulating circulation and promoting relaxation. It has been used in many world cultures for more than 4,000 years. Massage is generally used for the reduction of stress and pain and allows you a quiet time to focus on yourself and become more connected to your body. It has been shown to boost the immune system as well. Since most diseases are exacerbated by stress, massage can help you become and stay healthier.

NERVE CONDUCTION VELOCITY: Nerve Conduction Velocity (NCV) is a test that measures nerve conduction and muscle action potential. These tests are performed to determine if symptoms are caused by a nerve or muscle disorder. A NCV assesses how well a specific nerve conducts impulses by evaluating the speed of an impulse as it travels along a nerve. This test can help determine if there is nerve damage, the extent of the damage and if nerves have been destroyed.

SPINAL DECOMPRESSION: Spinal Decompression is a remarkable form of care for both acute disc injuries as well as chronic degenerative disc disease. This is a non-invasive therapy with a 86% to 94% success rate. This form of treatment can be extremely beneficial in cases where radiating nerve pain is present. The decompression force helps reduce pressure on the affected nerve. It is also remarkably effective in cases where symptoms are limited to back pain that is due to a degenerating or thinning disc. It can be used for these conditions of both the lower back and neck.

MANIPULATION UNDER ANESTHESIA: Manipulation under anesthesia is a non-invasive procedure offered for acute and chronic conditions, which includes neck pain, back pain, joint pain, muscle spasm, shortened muscles, fibrous adhesions and long term pain syndromes. It is generally considered safe and is utilized to treat pain arising from the cervical, thoracic and lumbar spine as well as the sacroiliac and pelvic regions. With or without anesthesia, a spinal manipulation is needed when joints in the spine or vertebral column become locked, fixed, or restricted and become less movable. Manipulation under anesthesia is a way to help patients who have impediments, such as extreme sensitivity to having a regular adjustment.

EPIDURAL FOR PAIN: An Epidural injection places anti-inflammatory medicine into the epidural space to decrease inflammation of the nerve roots in hopes of reducing the pain in the back or legs. The epidural injection may help an injury to heal by reducing inflammation and may occasionally provide permanent relief, and relief for several days, weeks or months while the injury/cause of pain is healing.

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CONTACT US:

5458 Town Center Road, Suite 104
Boca Raton, Florida 33486
P: 561-961-5695 F: 561-961-5899
www.wellnessmdboca.com