

PACIFIC CREST CHIROPRACTIC & Wellness Center



*This coupon
is worth \$285 to you!*

Present this coupon and your complete first office visit is only \$45. This includes the whole ball of wax!!! Consultation, Examination, X-Rays (if necessary), 1st Adjustment and a follow-up massage. It's that simple.

New patients only. Not applicable for auto accidents or worker's comp. injuries. (no cash value)



PACIFIC CREST CHIROPRACTIC & Wellness Center

2270 NW Troost St., Roseburg, OR 97470

(541) 464-0808

www.pacificcrestchiro.com

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*Relief ...
there is hope.*



Free Yourself From:

- BACK PAIN
- NECK PAIN
- HEADACHES
- PINCHED NERVES
- SPORTS INJURIES
- CARPAL TUNNEL SYNDROME
- SCIATICA
- SCOLIOSIS
- ARM OR LEG NUMBNESS
- SHOULDER PROBLEMS
- SLIPPED DISC
- WHIPLASH
- MUSCLE SPASMS
- HIP PAIN

The most common therapeutic procedure performed by doctors of chiropractic is known as "spinal manipulation", also called "chiropractic adjustment".

The purpose of manipulation is to restore joint mobility by manually applying a controlled force into joints that have become hypomobile (restricted in their movement) as a result of tissue injury. Tissue injury can be caused by a single traumatic event, such as improper lifting of a heavy object, or through repetitive stresses, such as sitting in an awkward position for an extended period of time. In either case, injured tissues undergo physical and chemical changes that can cause inflammation, pain, and diminished function for the sufferer. Manipulation, or adjustment of the affected joint and tissues, restores mobility, thereby alleviating pain and muscle tightness, and allowing tissues to heal.

*Gentle, Effective Care,
When You Need It.*



You can **change** your health

How can chiropractic help you?

We can help with one or more of the following:

- Provide spinal manipulation or chiropractic adjustment to improve spinal function and alleviate the stress on your system.
- Provide nutritional and diet advice.
- Offer advice on posture, ergonomics, exercises and relaxation techniques. This should help relieve recurring irritation and tension in the muscles of the neck and upper back.

The Safe, Natural **SOLUTION**

Many people think there is no alternative to living with pain. We may be able to help. At Pacific Crest Chiropractic, we understand the importance of your wellness.

Maintaining a healthy spine is a crucial and essential part of a healthy lifestyle. People who suffer from back pain, particularly chronic sufferers, are generally less healthy than those who do not.



We believe in working with our patients as partners, to learn from each other in our journey together to maximize health.

One-half of all working Americans admit to having back pain symptoms each year.

Back pain is one of the most common reasons for missed work.

Most cases of back pain are mechanical or non-organic—meaning they are not caused by serious conditions, such as inflammatory arthritis, infection, fracture or cancer.

Americans spend at least \$50 billion each year on back pain—and that's just for the more easily identified costs.

Experts estimate that as many as 80% of the population will experience a back problem at some time in our lives.



Dr. Todd Hansen

As a health care practitioner, I believe that personalized preventive care is of the utmost importance in helping people achieve their health goals. My education and experience in the health care field has enabled me to incorporate a patient-centered approach to medicine that is tailored to the unique needs of those who seek my counsel.

Because beliefs, attitudes, and motivations can all play a major role in overall wellness, I examine and include the physical, mental, and emotional aspects of all of my patients in order to make a more holistic and accurate diagnosis. My devotion to good health is the basis and primary focus of my practice. I value the trust and confidence of my patients with whom I work in partnership for better health.