



Services Menu / Price List

Chiropractic Treatment- A chiropractic adjustment, also known as manual manipulation, is a common therapeutic treatment for musculoskeletal pain. During an adjustment a chiropractor will apply manual manipulation to the vertebrae or joints that have abnormal movement patterns or fail to function normally. A chiropractic treatment can also consist of additional therapies or techniques such as manual therapy/MRT (Graston Technique), or Kinesiology taping.

- Initial adult first exam - \$160 - Follow ups - \$80
 - Chiropractic Package of 6 - \$420 (\$70/visit)
 - Chiropractic Package of 12 - \$780 (\$65/visit)
 - Chiropractic Wellness Membership - Different Options Available
- Under 18 years old AND Senior (65 and older) first exam- \$140 - Follow ups - \$60
 - Youth/Senior Package of 6 - \$330 (\$55/visit)
 - Youth/Senior Package of 12 - \$600 (\$50/visit)

Massage Therapy- Our massage therapists are skilled in many specialized techniques. We design protocols for injuries, offer integrative therapeutic massage, and medical massage, focused sports work as well as relaxing prenatal and postpartum massage. The added benefit of our therapists collaborating with our doctors ensures that you get the best treatment every time. Available in 30-120 minutes.

- 30 Minutes - \$65; or Package of 6 - \$360 (\$60 per visit) or Package of 12 - \$660 (\$55/visit)
- 45 Minutes - \$85
- 60 Minutes - \$110; or Package of 6 - \$600 (\$100 per visit) or Package of 12 - \$1140 (\$95/visit)
- 75 Minutes - \$125
- 90 Minutes - \$160; or Package of 6 - \$900 (\$150 per visit) or Package of 12 - \$1740 (\$145/visit)
- 120 Minutes - \$220

Infrared Laser Therapy “K-Laser”- The Class K-Laser IV delivers specific red and near-infrared wavelengths of laser light to induce a photochemical reaction and therapeutic effect. Physiological effects include increased circulation, reduced inflammation, pain reduction and enhanced tissue healing. In the hands of our providers, the K-Laser will help you heal faster.

- 15 minute session - \$60
- Package of 6 or 2 weeks unlimited visits \$270 - (\$45 per visit)
- 5 minute add-on session (with a chiro appointment) - \$40

Myofascial Release Technique (MRT)/Manual Therapy (Graston Technique)- MRT is a soft tissue method that focuses on relieving tissue tension via the removal of fibrosis/adhesion that develops in tissue. It is usually used in treating adhesions, scarring or overused muscles. Scar tissue formation can occur after surgery, traumatic injury or repetitive use. The Graston Technique benefits the patient by: decreasing overall time of treatment, fostering faster recovery, reducing the need for anti-inflammatory medication, resolving chronic conditions thought to be permanent, and continuing to engage in everyday activities.

Spinal Decompression- Spinal Decompression is a non-surgical treatment that gently stretches the spine using a specialized traction table with the goal of relieving pain. During treatment, the table slowly takes pressure off the injured area by decompressing and lengthening the spine.

- \$80 per session; or 6 pack for \$420 (\$70 per visit)
- Unlimited 30-day membership \$500

Kinesiology Tape Application- is a technique based on the body's own natural healing process. Kinesiology gives support and stability to your joints and muscles without affecting circulation or range of motion. It is also used for preventive maintenance, swelling, and to treat pain.

- Free with purchase of a roll \$30 (use your own roll)
- \$5 - \$10 without purchase of a roll

NormaTec Compression Therapy- The NormaTec system optimizes recovery and performance. Using a patented, super compressive, massage pattern, NormaTec significantly improves circulation by mobilizing fluid up and away from the arms and legs. This can reduce swelling, decrease pain and speed recovery.

- 20-30 Minute Session Legs or Arms \$10
- Unlimited Monthly Membership \$50

Nutrition- Carolyn Scott aka "The Healthy Voyager" is passionate about nutrition and the power of food to heal the body. A believer in the holistic approach to wellness, she specializes in incorporating nutrition, lifestyle and human spirit to create a foundation for health. She is a proponent of educating people on how to be a participant in their own health by giving them the tools to accomplish their wellness goals.

- 60 Minute consultation (broken into two virtual sessions) - \$275
- 15 Minute follow up - \$75
- Specialty Seasonal Group Programs will be available year-round. Please check with the front desk about sign up dates as programs have limited spots and fill up quickly to allow for the best possible experience for attendees.
- Food Sensitivity Test, GI Map, and other tests available

Acupuncture- Acupuncture is the insertion and stimulation of very thin needles at specific points on the body. These points follow channels or meridians that connect all the major organs and body's structures. Some effects of acupuncture include: increased circulation, decreased inflammation and pain, improved mood and relaxation, enhanced digestion, hormone regulation, and invigorated immunity.

- 90 Minutes - New patient appointment - \$180
- 60 Minutes - Follow up - \$130; or Package of 6 - \$720 (\$120/visit) or Package of 12 - \$1320 (\$110/visit)

Dry Needling/Orthopedic Acupuncture- Dry needling is a skilled therapy that uses a thin needle to penetrate the skin and stimulate underlying muscle fascia, trigger points, and connective tissues for the management of nerve and muscle pain and impaired movement patterns.

- 60 Minutes - New Patient Dry Needling with Cybil - \$130
- 30 Minutes - Dry Needling follow up with Cybil - \$80
- 15 Minutes - Dry Needling with Dr. Johnston - \$80 *may be included in chiropractic appointment time permitting*

Cupping- Cupping is an ancient Chinese technique used to prevent and relieve illness and to decrease pain. This technique stimulates the body to draw out pathogenic factors, improve circulation, promote digestion, and encourage the lymphatic system to filter out congested waste products.

- 30 minutes - \$65

Supplements through Metagenics, Xymogen, Orthomolecular, Nordic Naturals and Blue Sky CBD (prices vary)

WASHINGTON PARK CHIROPRACTIC

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