

# WASHINGTON PARK CHIROPRACTIC



## 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; or Chiropractic Package of 6 - \$420 (\$70 per visit)
- Under 18 years old first exam - \$140 - Follow ups - \$60; or Youth Package of 6 - \$330 (\$55 per visit)
- Senior (65 and older) First Exam - \$140 - Follow ups - \$60

**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)
- 45 Minutes - \$85
- 60 Minutes - \$110; or Package of 6 - \$600 (\$100 per visit)
- 75 Minutes - \$125
- 90 Minutes - \$160; or Package of 6 - \$900 (\$150 per 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.

- \$80 Large Area (15 minutes); or Package of 6 \$420 - (\$70 per visit)
- \$35 Small Area (less than 8 minutes) - Add On with Chiropractic Treatment Only

**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.

- Free with chiropractic treatment (one area only); or \$70/session for MRT or Graston only

**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 Monthly Membership \$450

**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 \$22 (use your own roll); or \$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-** Kebbie Stine 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 - \$160
- 30 Minute Follow Up Appointments - \$80
- Package (Prenatal, Pediatric, standard, sport, etc) - 6 sessions and unlimited email support \$420 (\$70 per visit)
- Take part in our Cleanse any time of the year, includes a complimentary 30 minute consultation for \$175
- 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 ups - \$130; or Acupuncture Package of 6 - \$720 (\$120 per 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 - \$130
- 30 Minutes - Dry Needling follow up - \$80

**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 - \$60

**ALINE Insoles-** ALINE Insoles have patented suspension zones, ribbed arches, and contour zones. Combined, these elements work together to support and align your body from the feet up in order to decrease harmful forces on the hips, knees, ankles, and feet allowing for maximum performance.

- \$100 for fitting and first pair / \$80 for additional pairs

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

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