

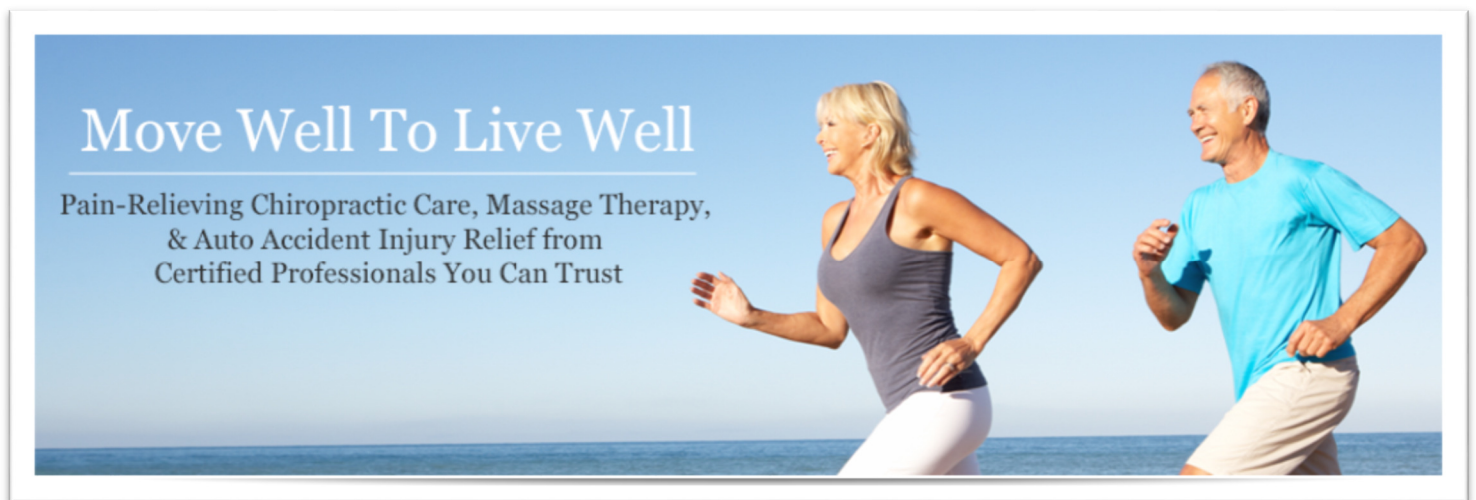


# Rasmussen Chiropractic

## Chiropractor Services

Hiring a chiropractor can have many benefits, including a notable improvement on general physical health and wellbeing. By performing bone and muscle adjustments, a chiropractor is able to ease general pains and aches due to the aging process or from sports injuries and accidents. However, taking advantage of a chiropractor requires a dedication to **at-home and in-office treatments**.

In order for adjustments to be made to bones and muscles, a chiropractor needs to be able to oversee the healing process. Most commonly, this occurs once a week. In-office treatments can involve a variety of different techniques, including adjustments made through stretches which targets the core muscles of the body to strengthen them and improve general flexibility. In addition, your doctor may prescribe the use of at-home tools and exercises to help improve your body's condition and aid in the alignment process.



As some of the adjustment process can be painful, relief products like Biofreeze may be used in order to help patients overcome the aches and pains being endured. By soothing the aches related to the adjustment process, the body can heal and recover faster without undue strain and stress.

Because the human body is so complicated, it is important that patients understand that a chiropractor cannot cure alignment-based problems quickly without adding high risk of injury. Adjustments are done gradually, using a variety of at-home exercises and stretches combined with in-office treatments to gradually adjust the shape and condition of muscles as well as the placement of the bones in comparison to the joints.

Alternative, Hands-On  
Care to Keep  
You in Balance



The most important aspect of curing pains and aches due to bone, joint, and muscle problems is to ensure that you keep up with your chiropractor appointments and consistently do the exercises you're prescribed.

Call Rasmussen Chiropractic Center for Wellness  
for a full list of our service and to set up an appointment today  
770.461.8781



**Rasmussen**  
Chiropractic