

Gentle Chiropractic Care and Body Alignment



Faye Alexandrakis D.C.

Dr. Faye Alexandrakis graduated from Northwestern Health Sciences University with a degree in Chiropractic. Her focus is on ergonomics, postural assessment and training, scar release work and specializes in gentle chiropractic adjustment methods.

What is Chiropractic?

A Chiropractic adjustment, also called spinal manipulation, is a procedure done by a chiropractor using the hands or small instruments to apply controlled force to a spinal joint or other joint in the body. The goal is to improve spinal motion and physical function of the entire body. The goal of the chiropractic adjustment is to restore normal joint function and muscle balance. Chiropractic care aims to address the entire body including a person's ability to move and perform.

When caring for patients, where appropriate, Dr. Alexandrakis will utilize scar release technique, myofascial cupping, gait training and postural assessments.

What is gentle Chiropractic?

In addition to manual adjustments, Dr. Alexandrakis also specializes in gentle chiropractic techniques for those patients that prefer gentle care. This consists of subtle, gentle manipulation of the spine and joints using a small hand held instrument; it is done with as little force as possible. There is no sudden twisting and therefore, less discomfort with this procedure. This type of manipulation can be performed on any joint in the body.

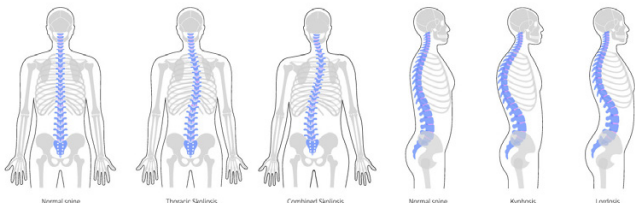
What is scar release?

Scars appear due to many different reasons and can have a wide range of emotional and functional effects on the body. Scars can cause problems such as pain, numbness, tenderness, tissue and joint restriction. What are the benefits of scar release? Reduction in pain associated with the scar, increased range of motion, increased movement and flexibility, improvement in the appearance and texture of the scar, improvement in blood and lymph flow, improvement in numbness and sensation of the scar.

What is Myofascial cupping?

Also known as myofascial decompression, Myofascial Cupping is a unique therapy that can help treat soft tissue conditions such as musculoskeletal tension, chronic pain, scars and adhesions, and mobility or movement dysfunction. It uses a combination of massage strokes and negative pressure (or suction) to lift, separate or stretch underlying soft tissues. Cupping is typically applied to the neck, shoulders, back, sacrum, hip, abdomen, thighs, calves and upper arms. Cups may be applied to areas of musculoskeletal tension or congestion and moved over the surface in a gliding motion, or possibly put on trigger points to reduce or eliminate them.

Chiropractic new visit \$120
Chiropractic follow-up visit \$75



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