

Chiropractic & Functional Movement Assessment

Dr. Sheraze uses functional movement in conjunction with diversified chiropractic adjusting techniques to help reduce pain and dysfunctional movement patterns.



Dr. Sadiq Sheraze, Doctor of Chiropractic

Dr. Sadiq Sheraze received his Doctorate from the University of Western States in Chiropractic Medicine and a B.A. in Psychology from Baylor

University. He is currently completing a Masters in Functional Medicine and Nutrition from the University of Western States.

Diversified Chiropractic Care & Functional Movement Assessments.

Dr. Sadiq Sheraze educates individuals on a variety of healthy habits centered around movement, nutrition and mindset. He specializes in corrective movement patterns. He is certified in Functional Movement Systems, Selective Functional Movement Assessments. He also uses Functional Range Conditioning and Dynamic Neuromuscular Stabilization, which are core strengthening and stabilization fundamentals needed for the body to understand how to move without pain or injury.

He is an expert in identifying imbalances in the biomechanics of the human frame and creates personalized corrective movement exercises in conjunction with diversified chiropractic adjusting techniques to correct dysfunctional movement patterns. Diversified Chiropractic care includes manual adjustment therapies, soft tissue pin & stretch, instrument assisted soft tissue manipulation, ultrasound, cryotherapy, electrical stimulation and activator techniques. He specializes in physical therapy exercises, strength and conditioning training, and osteoporosis care.

Dr. Sheraze creates movement and exercise programs for his patients through an online application system which patients can take home and continue on a membership program.

Dr. Sheraze works with patients on mindset coaching and behavior change. He helps patients understand their core beliefs and potential blocks. He will guide patients towards solutions to overcome subconscious resistance to change

and create a plan on how to execute their goals. He is highly trained in behavior modification and strives to ensure his patients are Moving right, Thinking Right, and Eating Right.

- Functional Movement Assessments
- Exercise and Strength Programs
- Mindset Training and Defeating Laziness
- Chiropractic Adjusting and Soft Tissue Manipulation
- Meditation and Mindfulness Training
- Functional Movement and Nutrition Programs
- Osteoporosis Exercise Programs



See pricing on following page.



TRUENORTH HEALTH CENTER™

1551 Pacific Avenue, Santa Rosa, CA 95404
(707) 586-5555 | healthpromoting.com

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Optimal Alignment Movement Assessment - \$130

- This assessment is a required intake preceding any movement training or adjustment sessions.
- Functional Movement Assessment
- Posture and Gait Assessment
- Customized Mobility and Stability Program

Exercise & Movement Training Sessions – \$60/30 min

- Movement/Biomechanics Training
- Ergonomic and Posture Training
- HIIT Workout Routine

Functional Movement Assessment & Training Session - \$185

- This is designed for individuals with mild to severe movement challenges.
- Full Body Selective Functional Movement Assessment
- Posture and Gait Assessment Customized Workout Routine
- Customized Mobility and Stability Program
- Customized Weight Loss Program

Group Exercise & Movement Training Session - \$30/45 min

- Group HIIT Workout Routine
(Minimum Group of 3 Required)***

Optimal Alignment Mindset Sessions - \$185

- Mindfulness Based Stress Reduction Training
- Personality Assessment, Value Factor Assessment, Life Assessment
- Meditation and Awareness Training
- Deep Abdominal Breathing Technique
- Behavior and Habit Change Training Session
- Journal Writing Training

Optimal Alignment Mindset Sessions - \$60/30 min

- One –on –One Guidance and Coaching Session
- Meditation, breathing, & Focus Sessions

Chiropractic Adjustments

- \$120.00 for first visit
- \$75.00 for all Follow up visits

**Each workout plan will consider if you are fasting or non-fasting and will be designed to fit your specific health needs.*

**Appointments may be rescheduled based upon presenting symptoms upon day of appointment.*

****Dr. Sheraze can conduct chiropractic treatment during training session if necessary. Additional fees will apply.****



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