

PHOENIX RISING WELLNESS CENTER

CHIROPRACTIC CARE IN YOUR HANDS



What is chiropractic care? How can we help you now and how it can impact you in the future? At Phoenix Rising Wellness Center, we can teach you on how to stay healthy and educate you on what we do.

Chiropractic care emphasizes the relationship between the body structure and its functioning. It was developed in the early 19th century as a means of maintaining health and treating neurological and musculoskeletal dysfunction and their subsequent effects of the body. The term "chiropractic" combines the Greek word "cheir" (hands) and "praxis" (practice) and means "done by hand." The goal of chiropractic treatment is to maximize mobility and optimize nervous system functions.

The primary and most common therapeutic procedure performed in chiropractic is called "spinal adjustments." The purpose of spinal adjusting is to restore joint mobility by manually applying a controlled force into joints that have become restricted in their movements as a result of a tissue injury, thus supporting the body's natural ability to heal itself.

Dr. Cordis has been trained in many techniques through chiropractic school and her continuing education. She caters her techniques and care to each patient's individual needs. Some techniques include manual adjusting and instrument assisted adjusting. Diagnosing any abnormalities and trying to correct it allows the body to heal itself with these techniques.



MEET THE MASSAGE THERAPIST

Say hello to the massage therapist, Deanna Goldsby!

Deanna has been practicing massage in Olympia WA, for over 15 years. She opened her private practice several years ago, focusing on treating those who are going through cancer treatment. Deanna also works with local hospice agencies providing end of life in-home hospice massage. She uses very gentle hands-on techniques and applies specialized training in cranial rhythms to identify restrictions in the pulses and helps work with soft tissues, the skeletal system and the fluids that protect and nourish your brain and spinal cord.

For more information or to schedule, please call 360-280-2585.

WHEN SHOULD YOU GET ADJUSTED?

Anytime is a good time to get adjusted. Performing everyday activities, including working out, shopping, and even sleeping can cause your body to be out of alignment. We group it into the 3T's: traumas, toxins, and thoughts (stress). When are we not experiencing any of these? Your body may not give you the sign that something is wrong. Ask yourself: how are you functioning vs. how do you feel? Ignoring signs such as aches and pain can lead to long term effects of the body. Dr. Cordis herself gets adjusted **once a week** to maintain a healthy spine.

Give us a call and we can help you, your friends, and family. Refer a friend, family, or colleague today and receive a \$25 gift certificate! Don't forget we have our amazing Wellness Packages, which are designed to help keep you functioning and healthy!.

Visit our website and follow us on Facebook and Instagram to keep up to date with our activities and our health tips!

Top 10

Reasons to Consider a CHIROPRACTIC ADJUSTMENT

- 1 Athletic Performance
- 2 Blood Pressure
- 3 Colic & Ear Infections
- 4 Frozen Shoulder
- 5 Headaches
- 6 Low Back & Neck Pain
- 7 Neurological Conditions
- 8 Sciatica
- 9 Scoliosis
- 10 Surgery Prevention