

Conditions (I think on this page we can just list these)

Musculoskeletal Conditions

Headaches

Neck pain

Back pain

Extremity Injuries : shoulder, elbow, wrist, hip, knee ankle or foot pain

Carpal Tunnel

Plantar Fasciitis

TMJ

Athletic Injuries

Services: (keep the descriptive info you have under the header services)

In bold, the topic, then the click on it and the description show up. Make sense?

Pregnancy: Chiropractic care in pregnancy is vital to the normal physiological function of both the mother and baby throughout pregnancy and birth. More women and birth providers are discovering the many benefits associated with chiropractic care in pregnancy. Webster Certified

Family Care

Chiropractic care is a core piece of fitness and health at every age. From the newborn to grandma and grandpa, many health issues can be resolved by restoring the body's communication. Our bodies were designed to heal themselves, but if the brain can't communicate with the body it inhibits proper healing.

INFANT CARE

No baby is too small for an adjustment. Often, newborns can benefit the most from chiropractic adjustment. After the sometimes traumatic and aggressive process of birth, it is very common for infants to be out of alignment. This can lead to colic, general fussiness, poor digestion, weakened immune system, and difficulty sleeping, among other issues. While some people may worry that chiropractic adjustment is dangerous at such a young age, the opposite is actually true. Newborns with untreated spinal issues face a higher risk of SIDS. Chiropractic adjustments on infants are much gentler and easier than adult adjustments. That is because newborns are already very flexible and their bones move easily. Often, a newborn adjustment looks more like a gentle massage than the popping and twisting of an adult adjustment.

PEDIATRIC AND ADOLESCENT CARE

A short browse of YouTube will confirm for you that the fact that most children survive to adulthood is something of a miracle. Children are often launching themselves off things, running at full tilt, twisting their bodies in wild dance or gymnastics. Many children and teens today also play in recreational sports, with increasing intensity and competition. All of this movement is great for their bodies, but also increases their chances of injuring themselves. Children and teens are just as vulnerable to health complications from spinal issues as adults. It is beneficial to take your children for regular adjustments to keep them from injury and help their bodies grow properly. This can also help them create healthy lifelong habits.

ADULT CARE

Whether you sit at a desk all day, perform manual labor or chase after small children, the repetitive tasks in our days eventually lead to spinal subluxations. Untreated subluxations can cause a ripple of destruction to your health. Pain, headaches, dizziness, low energy, difficulty sleeping, weakened immune health are all symptoms of subluxation. Regardless of your activity level, you should check in with a Chiropractor regularly to address issues while they are small. Consistent care is better than allowing your pain to finally bring you into the office. Once you are in pain your back has already been struggling for awhile and it takes longer and more adjustments to get it healthy again.

ELDERLY CARE

As we become older, our bones become more brittle and our muscles lose flexibility. Also, many adults' activity level decrease as they age. With these changes, it is essential to continue to care for our spinal health to steward overall health. Chiropractors can help maximize range of motion and address the stiffness of aging muscles. Regular Chiropractic care can also help reduce the severity of arthritis. Maintaining spinal health leads to a more full and pain-free life, even into the sunset years of your life.

As a chiropractor in San Jose, our whole mission is to give you the tools to become a better version of yourself. If any pains or aches are bothering you, please make sure you reach out to us!

Chiropractic Adjustments : The spinal adjustment is the process of applying quick but gentle pressure to the subluxated vertebra in a corrective manner. The adjustments are not and should not be painful. In fact most patients look forward to their chiropractic adjustments as they usually provide immediate relief from discomfort and increase one's sense of well being.

Chiropractic Techniques used:

Diversified Chiropractic Adjustments: Specific manual adjustments to the spine and extremities

Activator: A low force tool used to adjust the spine and extremities

Certified Extremity Adjustments: Over 100 hours in specific training for adjusting extremities

Webster Certified: A chiropractic adjustment for pregnant women, the Webster Technique, is a specific sacral analysis and diversified adjustment. Sacral subluxations may contribute to difficult labor for the mother caused by inadequate uterine function, pelvic contraction, and baby mal-presentation. The goal of the adjustment is to reduce the effects of sacral subluxations/SI joint dysfunction, balancing pelvic muscles and ligaments, and reducing torsion to the uterus. Families are seeking out chiropractors who are proficient in this technique as a way to support a more comfortable, safer, and easier birth.

Active Release Technique: Active Release Technique works by releasing muscles, ligaments, tendons and fascia that no longer function properly due to overuse or injury

Myofascial Release Technique: a safe and effective hands-on technique that involves applying gentle sustained pressure into the Myofascial connective tissue restrictions to eliminate pain and restore motion

Low Light Non Thermal Laser Therapy : Decreases inflammation, enhances cell regeneration and facilitates healing

Kinesiotaping: Kinesiotaping is not only for athletes, but for many conditions. There are many proposed benefits to KT, including proprioceptive facilitation; reduced muscle fatigue; muscle facilitation: reduced delayed-onset muscle soreness; pain inhibition; enhanced healing, such as reduced edema, and improvement of lymphatic drainage and blood flow.

Custom Functional Orthotics: Orthotics made specifically for you: After we have adjusted our spine, hips, knees and feet, we cast the orthotic, supporting you in your normal alignment.

I have this quote from a patient: we can shorten as needed, but she gave me permission to use it. Maybe put it in that section that says FACTS? Or somewhere else, and put a picture in the Facts section.

“Gwen is by far the best Chiropractor I’ve ever seen. She provides very individualized attention and care to her patients. She is knowledgeable and passionate about her profession and always takes time to assess my needs and align my body fully before ending our appointment. Before seeing Gwen I suffered from headaches, neck pain, back pain and hip discomfort. I now have greater flexibility and am pretty much pain free. I feel so fortunate to have her in my circle of care providers. Thank you, Gwen!!” —K.M.

On Education section, change Council on extremity adjusting to: Certified Chiropractic Extremity Practitioner: over 100 hours in training related to extremity adjusting . The Council on Extremity Adjusting provides chiropractors with advanced extremity adjusting education with a special focus on how the body’s extremities relate to the spine.

ICPA; provides advanced training in chiropractic philosophy , science and art. Their focus in teaching lies in covering all aspects of family well-being from conception, pregnancy , through the care of infants and children