

SCOTT CHIROPRACTIC P.C.

"A WELLNESS CENTER"



2200 Fountain Drive • Snellville, GA 30078 • Phone: 770-972-9160 • Fax: 770-978-1699



Office News

We want to welcome you to Scott Chiropractic Center and would like you to know that we are committed to providing you and your family with the best possible care in a very warm caring and dedicated atmosphere. Dr. Jane Scott, Owner and Clinical Director of our Wellness Center is a Board Certified Chiropractic Neurologist and has been serving Gwinnett County and the surrounding areas since 1988. She is a member of the American Chiropractic Association, the ACA Council on Neurology, The Georgia Chiropractic Association, and has been awarded Diplomate status from the American Chiropractic Neurology Board. Dr. Scott has been a contributing editor to the Georgia Chiropractic Journal and has been an Examiner for the National Board of Chiropractic Examiners.

Dr. Scott specializes in a gentle, but powerful non-force technique in addition to traditional methods. Our staff of highly skilled professionals is dedicated to providing you with the highest quality health care available. We identify and treat the underlying cause of your problem and relieve your pain. Once your symptoms are relieved, we will then direct you on how to stabilize your condition and maintain your good health.

Our Center is a full service facility offering:

- Chiropractic Neurology
- Diagnostic X-ray
- Gentle Decompression Manipulation
- Physiotherapy including:
 - Electrotherapy
 - Cold Laser Therapy (Light Therapy)
 - Ultrasound
 - Dry Hydrotherapy
 - Therapeutic Massage
 - Exercise Rehabilitation
 - Intersegmental Traction
 - Trigger Point Therapy
- Nutritional Counseling
- Metagenics
- Foot Levelers Orthotics

Read about all of our services inside. Visit our "Back Store" for many of your Health Care needs.

www.drjanescott.com

Chiropractic Neurology

“As in medicine and dentistry, there are specialists within the Chiropractic profession, including radiology, orthopedics, physical rehabilitation, and neurology. The Chiropractic Neurologist chooses to focus his/her practice on neurologically based problems. Typically, a Doctor of Chiropractic who specializes in neurology serves in the same consulting manner as a medical neurologist. As a result, certain conditions are more appropriately seen by Chiropractic Neurologists. Specifically, Chiropractic Neurologists have tremendous success in treating a variety of conditions including movement disorders, dystonia, post-stroke rehabilitation, radiculopathy, and nerve entrapment syndromes that are consequences of lesions in the central or peripheral nervous system. Chiropractic Neurologists can also serve as counsel when there is a diagnostic dilemma or question of the appropriateness of care regarding a specific lesion or condition.”

“The training to become a board certified Chiropractic Neurologist is an additional three years after completing the four-year Doctor of Chiropractic degree. The post-doctorate degree is conducted under the auspices of an accredited university or college that is recognized by the United States

Department of Education. The program includes didactic and residency based/clinically-based training. After completing these requirements, the Chiropractor sits for a board examination in neurology that is given only once a year by an independent examining board. The information tested is specific to the field of neurology and includes clinical and diagnostic techniques as well as knowledge of neurophysiology. The certification examination also includes oral and practical examinations as well as extensive psychometric testing.”

“Chiropractic Neurologists often serve as consultants to medical doctors, third party payers, and other chiropractors, especially in the treatment of functional types of disabilities. That is to say, conditions in which ablative or physiological lesions are not apparent. Medical Neurologists may choose to refer to a Chiropractic Neurologist when the diagnostics are inconclusive and/or the latest medications are not producing the desired symptomatic relief. After consulting with the patient, the Chiropractic Neurologist may make specific recommendations to the referring Medical Doctor regarding therapy or treatment for the patient.”

What is Interferential Electro-Therapy?

It is a therapeutic treatment to aid in the relief of pain and the promotion of soft tissue healing. Tiny amounts of electrical impulses are induced into the tissues in the vicinity of the injury. Where these waves intersect below the surface of the skin, a low-frequency stimulation is created. This prompts the body to secrete endorphins and other natural painkillers to help relieve pain. Most patients find Interferential Electro-Therapy to be extremely beneficial and describe the treatment as a faint “pins and needles” sensation. Interferential Electro-Therapy is most often used for pain relief and to aid in reducing the swelling of soft tissues. Ligament sprains, muscle strains and spasms often respond to this treatment, helping to reduce atrophy and increase blood circulation.

Patient Benefits:

- Reduces painful symptoms
- Decreases local swelling
- Promotes muscle tone
- Restores normal movements
- Releases the body's natural pain killers
- Accelerates the healing process



Harnessing the Healing Power of Light

Light therapy (officially called monochromatic infrared irradiation) delivers pulses of infrared light to damaged tissues via flexible pads placed directly over the targeted area. As this particular wavelength of light penetrates deep into the tissues, blood vessels absorb the light's energy, which stimulates the release of nitric oxide (NO.)

Nitric Oxide is a very powerful messenger molecule that plays a key role in cardiovascular health. Produced in the endothelial cells lining the blood vessels, nitric oxide is a potent vasodilator, signaling the vessels to relax and dilate, improving blood flow and lowering blood pressure. It also discourages platelets in the blood from clumping together, which further enhances circulation. In addition, nitric oxide protects the blood vessels themselves and encourages their growth and remodeling.

This causes oxygen-and nutrient-rich blood to flow to injured tissues, which fast-tracks the healing response and relieves the pain. With repeat treatments, normal circulation returns, allowing tissues to heal and pain to resolve. Call for a light therapy treatment today!

Our Patients Speak

After receiving treatment at Scott Chiropractic Center, our patients are given the opportunity to share their chiropractic story. The following is a small sample of the many success stories we see each day. You may find a story that hits close to home because Dr. Scott treats a wide variety of problems and she has patients of many ages.

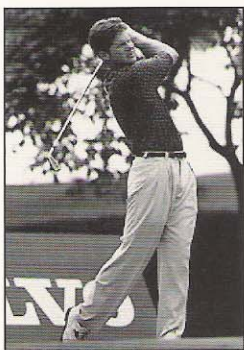


Sachi Koto **News Anchor**

I was in two car accidents about twenty-three years ago and suffered severe whiplash in my neck from both crashes. I was encouraged to have neck surgery

after both accidents but declined. So, by my choice, I decided I would have to live with the pain, headaches, fatigue and poor posture. Because of my job, I am forced to sit in certain positions for several hours at a time, that leaves me in a lot of pain and with pounding headaches. I would have to take over the counter pain medication three or four times a week for headaches and stress in my neck. In the past couple of years, I have had increased lower back pain. Often at night, I would toss and turn because of

back pain, waking up nearly every hour. Even purchasing a very expensive mattress was no solution to the pain. Finding Dr. Scott has been such a blessing. For the first time in twenty-three years, I am not just coping with the pain. I have experienced a significant difference in the way I sleep. I don't toss and turn anymore because of the lower back pain. Dr. Scott has not only treated me, but also taught me exercises to strengthen my lower back. I have not taken any pain medication since the first week of treatment. My posture is considerably better, and I feel like I stand and walk in a more erect fashion. Living without pain is incredible. My suggestion to fellow sufferers is to follow the treatment plan Dr. Scott issues and incorporate the neck and back exercises she recommends into your daily regimen. I only wish I had discovered Dr. Scott years ago!



Oswald Drawdy **Professional Golfer**

"I strained muscles in my back and shoulder after lifting heavy objects. I was having constant aching in that area, as well as weakness,

that was causing me to have difficulty holding my posture. It was even affecting my golf swing. One treatment

from Dr. Scott took care of a very large portion of the problem. I continued treatment to help strengthen the area and prevent re-injury. I have had treatment at Clemson University, as well as the PGA tour fitness trailer. These people offer the highest level of care. I believe I received this level of care from Dr. Scott. Plus, they are all such an upbeat group; just walking in the door makes me feel better."

Our Patients Speak



Cheryl Bharath **Real Estate Broker**

"I had muscle ache and pain in the neck and back for years. It was difficult to drive and perform my daily real estate duties. I tried physical therapy and medical doctors. They recommended I have surgery and cortisone injections, but I refused.

Since seeing Dr. Scott I have greatly

improved in a very short period of time. Dr. Scott's treatment and exercise program are very effective. My headaches and throbbing neck and shoulder pain have healed and I can drive my car and show homes for hours, and not be in pain. I have referred my husband and daughter, and they are improving quickly! I most enjoy my visits because of the warm atmosphere of her office and the friendly staff. Everyone, especially Dr. Scott, is always very congenial, courteous and caring. I have told many friends and relatives about this wonderful office."



L. D. Jarrard Ph.D. **National Executive Director** **of The American Society of** **Christian Therapists**

The first time I came to see you as a patient was back in November of 1994. I was suffering with chronic upper neck and shoulder pain that had been with me for about 3 years. After a thorough exam including X-rays, you diagnosed my problem as being caused by a degenerated disc problem in the neck area.

Your treatment of me was extremely professional and before long I was once again pain free. You had advised me to go on a maintenance therapy program to reduce the risk of future damage and suffering. Like many others before me I made a foolish decision. In my case I thought the driving distance from where I had moved to and your office was too great.

Within 3 years the problem surfaced again so I sought help from others close to where I lived. That was a sad and costly mistake. I bounced around from Chiropractor to Chiropractor, finding no relief.

It is amazing what is out there waiting for the

unsuspecting. Men can be so stubborn sometimes and I was running with the best of them. It took me until April of 2002 to swallow my pride and return home to the only place I ever found relief. I think the embarrassment of what happened to my body because of neglect and foolishness also contributed to my long absence. I have two earned doctorate degrees. However, in this case I was dumber than a box of rocks. My choices had left me with a greatly exacerbated disc problem and 8 years of suffering.

The homecoming was awesome. You treated me as if I had never been away and soon we were back on the path of wellness. Your treatments have brought relief to my: [A.] Neck problems, [B.] Knee problems, and [C.] foot problems.

Writhing this would not be complete without saying that you've got to have the greatest staff in any business I have ever been exposed to. Everyone and I mean everyone is like a friend to me. More like a family really. The whole atmosphere is charged with so much loving-kindness. This is the reason enough for anyone to keep coming back for physical, emotional and spiritual help.

God Bless you Dr. Scott

The Benefits of Dry Hydromassage

Our wonderful hydrobeds combine floatation and therapy with a dry form of whirlpool type massage. Many patients prefer dry hydromassage (DHM) over regular massage. It is that effective. When a patient is in pain, the body triggers a muscle spasm and guarding in order to splint and protect the injured body part during the acute phase of the healing process. The muscle spasm, however, often becomes the problem on its own.

When the muscles are in spasm, they partially close down drainage of venous blood and waste products from the muscle cells. This, in turn, partially blocks the inflow of arterial blood which results in decreased oxygen flow to the tissue. This causes a buildup of lactic acid and other irritating chemicals. The presence of these chemicals in the muscles causes more muscle pain, which causes more muscle spasm which increases the amount of the irritating chemicals in the tissues. This self-perpetuating cycle can go on indefinitely unless addressed with proper treatment.

The solution is proper application of massage techniques. DHM is the most effective treatment. Consider the following comments from patients: "I want to take DHM home with me. Being on DHM is like a 20 minute vacation."

In summary, DHM increases blood supply to damaged tissues, increases drainage from soft tissues, relaxes muscles, prevents adhesion and fibrosis in soft tissues, decreases tendency for muscle atrophy, and reduces pain. It is indicated in cases of arthritis, fibrositis, sprain, strain, contusion, back pain, muscle spasm, nerve injuries, neurologic disorders, nervous tension, headaches, trigger points, radiculitis and joint stiffness.

Our office will now be open on Fridays (9:00 a.m. - 2:00 p.m.) exclusively for dry hydromassage, light therapy and therapeutic massage. Call for an appointment today at (770) 972-9160.

What is Intersegmental Traction?

It is a way of inducing passive motion into the spine for the purpose of stretching spinal joints, increasing mobility. The patient lies face up on a bench table, which has roller-type cams beneath its surface. These rollers can slowly travel the length of the spine, stretching spinal joints. Most patients find this form of treatment to be relaxing and very helpful. The gentle rolling action is restful, exercising the spine without effort. Since discs have a poor blood supply, they get nutrients from the circulation of fluids surrounding spinal joints. Fixations prevent this natural circulation and cause disc thinning and degeneration. Intersegmental traction helps increase and restore necessary elasticity and motion to the spine.

Patient Benefits:

- Comfortable and relaxing
- Increased mobility
- Improves circulation of spinal fluids

What is Ultrasound?

It is a therapeutic treatment using high frequency sound waves administered in the region of soft tissue injuries. Sound vibrations, as fast as a million times per second, penetrate the tissues deep in the body, creating a heat response. These vibrations and heat help break down and disperse unhealthy calcium and other hard tissue accumulations. The gel used to conduct the sound waves is at room temperature and may momentarily feel cool to the skin when it is initially applied. Most patients feel nothing, or a pleasant and relaxing sensation below the surface of the skin. Ultrasound treatment can usually be administered directly to the area of complaint, penetrating deep into the body. The rise in temperature, increases blood flow, relaxes muscle spasms, massages damaged tissues, and speeds the healing process.

Patient Benefits:

- Highly effective in treating calcium deposition
- Stimulates healing without irritation
- Speeds metabolism and improves blood flow
- Reduces nerve root irritation
- Enhances the body's natural healing ability

What is Trigger Point Therapy?

A Trigger Point is an area of uncontrolled muscle tightness causing tenderness, which interferes with normal muscle function. This restricts normal range of motion, weakens the muscle, and may refer pain to other parts of the body. Using the hands, the skin is gently pressed, to locate underlying tight bands or nodules of muscle fibers. Then using the hand, fingers, elbow, or small hand instrument, the muscle is compressed with sustained pressure to relax it. To prepare the site, a cooling spray may be used. As pressure is applied, some patients experience temporary discomfort until the muscle relaxes. Others may feel referred pain to other parts of the body. Trigger Point Therapy is a highly effective way to reduce muscle spasms and relax hyperactive muscles. This helps restore normal range of motion and promote faster healing.

Patient Benefits:

- Reduces chronic muscle spasms
- Avoids scar tissue formation
- Improves muscle tone
- Promotes better circulation
- Increases range of motion



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Metagenics

Metagenics is the leading vitamin supplement provider to healthcare professionals today. Their products are made from the highest quality raw materials, pharmaceutical grade and backed by extensive research. Ask us about the success of nutritional therapy to improve your quality of health.

Therapeutic Massage

Massage and related bodywork techniques can release painful muscle tension, improve circulation, increase joint flexibility, and reduce mental and physical fatigue. In addition, massage is among the most effective means available to combat stress. "From assembly lines to corporate headquarters, Americans are discovering the magic of massage." Newsweek, April 6, 1998. Massage is an excellent compliment to your chiropractic care. We have experienced therapists on staff. Call for your appointment today.

Financial Policy

Treatment recommendations are not designed based on insurance coverage but rather on medical necessity. Our office will be happy to file your insurance for you and call for pre-certification. Co-payments and uninsured portions of your care are due at the time of service. Our office accepts checks, VISA or MasterCard for your convenience.