

DLValentine, DC, MSW

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Wellness Chiropractic Integrative Healthcare Practice



Healthy Mind



Healthy Body



A Beautiful Life

Overview

Most people know chiropractors for treating people with neuromusculoskeletal disorders and related clinical conditions. They treat problems involving muscles, tendons, ligaments, bones, cartilage, and most importantly, the nervous system. Doctors of chiropractic understand that with overuse, under use, misuse, injury and/or trauma that the spinal column and other body systems can become stressed and this may result in imbalances in the nervous system or other body systems which can lead to pain, dysfunction, poor health, and ultimately disease.

Chiropractors can perform soft-tissue therapies, prescribe corrective exercises, instruct lifestyle modification and nutritional counseling, and safely manipulate the spine or joints with an ultimate outcome of healing without the use of drugs or surgery. The goal is to help your body heal itself naturally. Safe, noninvasive, effective treatments include the traditional 'hands on' chiropractic approach and can help relieve chronic pain from old injuries or for acute pain from new injuries. Some additional therapeutic approaches can include:

- Trigger point, cross friction, myofascial massage
- TENS units/muscle stimulation
- Ultrasound
- Performance Taping (KT or Rock tape for example)
- Joint support or bracing products
- Use of essential oils or topical lotions to reduce pain or help reduce tension
- Nutritional recommendations
- Exercise instruction
- Guided Imagery/Breathing/Relaxation
- Exploring hobbies/exploring new opportunities
- Integrating DBT skills into healing strategies

Wellness Chiropractic

Wellness chiropractors view the patient as a "whole person" versus a presenting symptom or complaint. They receive extra training in exercise instruction, nutritional counseling, and lifestyle intervention. Wellness chiropractors are specially trained to incorporate chiropractic treatment into complex medical care, coordinating with your primary care or specialist medical doctor.

What to Expect

The initial intake visit can take up to one hour. In rare cases, it may take longer if the presenting condition is complex and requires a more detailed evaluation. Here's what to expect your doctor to do:

- Ask you detailed questions about your health and lifestyle history.
- Provide a thorough orthopedic and neurological exam for one or more somatic complaints
- Evaluate the texture, tightness, movement characteristics of the muscles, tendons, and ligaments of a symptomatic area
- Measure strength, flexibility, and endurance of the affected body region
- Create a customized treatment plan based on your needs.
- Coordinate care with your medical providers as needed.

What Does Treatment Involve?

Chiropractic treatment is aimed at improving your body mechanics, reducing stress, improving ergonomics, promoting balance, restoring full function, living life fully without pain or anxiety about pain. The goal is to help your body heal itself naturally. The wellness aspect of treatment is education, discussion, exploration, expanding possibilities, maybe some coaching and the application of lifestyle changes that can help produce positive changes in your life.

Successful treatment requires your active participation and willingness to work with yourself.

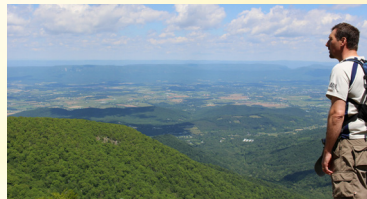
Treatment is outcome-based and enjoyable.

About Donald L Valentine, DC, MSW

Graduated:

- St. Vincent College, Latrobe, PA. Bachelor of Science
- Palmer College of Chiropractic, Davenport, IA. Doctor of Chiropractic
- University of Pittsburgh, Pittsburgh, PA. Masters of Social Work

Call: 724.539.1633



Dr. Donald Valentine climbing high: Hawksbill Trail, Highest Point in Shenandoah National Park. 4,050 ft

Summary of Lifestyle Medicine

According to the American College of Lifestyle Medicine, Lifestyle medicine is an evidence-based approach to preventing, treating and even reversing diseases by replacing unhealthy behaviors with positive ones – such as eating healthfully, being physically active, managing stress, avoiding risky substance abuse, adequate sleep and having a strong support system.

Knowledge Skills Attributes Values

- Assess the social, psychological and biological predispositions of behaviors and the resulting health outcomes.
- Assess readiness, willingness, and ability to make health behavior changes.
- History and physical exam specific to lifestyle-related health status, including lifestyle 'vital signs' such as tobacco use, alcohol consumption, diet, physical activity, body mass index, stress level, sleep, and emotional well-being, and order and interpret tests to screen, diagnose and monitor lifestyle-related diseases.
- Use nationally recognized practice guidelines (such as those for hypertension and smoking cessation) to assist patients in self-managing their health behaviors and lifestyles.
- Establish effective relationships with patients and families to effect and sustain behavioral change using evidence-based counseling methods and tools and follow up.
- Collaborate to develop evidence-based, achievable, specific, written action plans such as lifestyle prescriptions.
- Help manage and sustain healthy lifestyle practices, and refer to other health care professionals as needed for lifestyle-related conditions.

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