

## Our Techniques

We employ a wide range of proven techniques for each individual case. Below, you will find a brief explanation of several techniques we use on a regular basis in our practice.



### Trigger Point Therapy

The primary purpose of Trigger Point Therapy is to reduce the pain that results from tight muscles that are in spasm. Trigger points are identified by gently pressing on the surface of the skin and identifying the underlying knots that may be a source of pain or discomfort.

A trigger point is like a knot the size of a pea, buried deep in the muscle tissue. It is made up of lactic acid, a normal by product of muscular activity, which sometimes gets trapped in the muscle from physical, chemical, or emotional stress.

### Drop Table

This technique makes use of specialized drop-piece mechanisms in the table to assist the adjustment. Individual cushions or "drop pieces" located along the table support each area of the spine. As the Doctor performs the adjustment, each drop-piece gently gives way, reducing the pressure needed to move a specific spinal segment. This allows for a very comfortable and gentle adjustment.



### Full Spine Adjusting

This technique is the most widely used by chiropractors as it addresses each area of the spine. It is a hands-on adjusting technique in which the patient is adjusted while on their stomach, back, or side to allow for specific segments of the spine to be aligned back to their proper position.

### Activator

Patients from all ages can enjoy the benefits of an Activator adjustment. The technique is especially helpful for children who sometimes have trouble keeping still. The Activator adjustment is so quick and comfortable, children often look forward to their next visit!

Older patients, or those with arthritis, osteoporosis or other bone-weakening conditions find the Activator Method to be effective and gentle. The low-force thrust of the Activator Adjusting Instrument, and the Doctor's ability to pin point the exact location of the problem through Activator analysis, can relieve a patient's pain without discomfort.





### **Extremity Adjusting**

Bones can be out of place not only in the spine but also in the extremities. Dr. Kinat treats shoulders, elbows, wrists, hips, knees, and feet on a daily basis and has great success. The most common injuries to the extremities are from overuse or sporting activities. Complaints patients often have with extremities are carpal tunnel symptoms, rotator cuff problems, and plantar fasciitis.

**Neuromechanical  
INNOVATIONS**



**Impulse adjusting** – using the Impulse I.Q. adjusting instrument. The computerized technology controls the force and angle of the thrust and gives very accurate feedback to both the doctor and patient. Dr. Kinat has had great success using this instrument to assist in adjusting patients with shoulder injuries, knee pain, and hip problems. Patients are amazed at this new technology.



### **Additional Therapies (Custom Orthotics)**

Dr. Kinat also does Custom Orthotics, if you are suffering from sciatica, plantar fasciitis, pes planus or simply are on your feet a lot please don't hesitate to ask him if Orthotics would help. If you notice unusual gait, painful knees, or foot issues with your children now is the time to address them. Ask Dr. Kinat how orthotics can help.

**Massage Therapy** – We are pleased to offer in office massage therapy with the addition of Cara Mace, RMT, MLT, Birth Asst. , Massage Therapy is a form of Manual Therapy, which uses manipulation of muscles connective tissue, and joints to assist the body's own healing mechanisms. It is used to treat musculo-skeletal injuries, dysfunction and pathologies. It can assist in relaxation, correcting postural dysfunction, stretching short muscles, increasing tissue health, and most importantly relieving discomfort and pain.