

Why Choose Dr. Smart?

When Dr. Smart got out of Chiropractic school he had been taught to feel and touch the spine to find what feels like restriction and tenderness on the spine and the muscles and then thrust down into the areas of restriction to help put motion back into the spine. This method does get results however Dr. Smart found they are not always consistent nor are they predictable. Causing him frustration that some of his patients got great results, while some patients did not. He realized that, he was not taught how to find what areas of the spine should be adjusted to improve balance, posture, and function every time someone entered his office. He wanted to find a way to test the integrity of every level of your spine and know for sure where the best place to adjust was, to get the best results. He knew that your breathing would get better, your posture would improve (without you even trying), and the function of your body would improve every visit. So he searched to find a method that could. After much time and research he found Advanced Biostructural Correction, ABC for short.

ABC is a method of analyzing the spine to find the bones of your spine that are out of place in a way your body can not self-correct. The reason your body can not self-correct these bones is they have fallen forward. When bones fall forward your body has no muscles to pull the bone back into place. Over time these bones being out of place cause other spinal bones to twist to help keep your body from being all hunched over. These twists start to put abnormal pressure and tension on your entire spine and your nervous system. Eventually your body will start sending you warning signals that your body can no longer adapt to all these twists in your spine, in the form of symptoms. These symptoms can be a wide range of pains and aches in your back, but they can also be more serious, like headaches, chest pain, high blood pressure, numbness in your arms and legs, bladder dysfunction, ear infections, sudden vision changes, asthma, and arthritis to name a few.

You can choose to ignore these warning signals, take medications to cover them up or you can come and see Dr. Smart to remove these twists in your spine, allowing your body to return to a balanced state of health. He has found that very few practitioners using traditional methods of analyzing your spine get consistent predictable results. If you are looking for results that last, than you should schedule an appointment to see Dr. Smart to access if you have these twists in your spine.