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Legacy Spine and Rehabilitation Center, returning you to an active lifestyle!

"Located in Plano, TX the Legacy Spine and Rehabilitation Center provides a variety of non-surgical therapeutic approaches to help address conditions ranging from Cervical spine disorders, Degenerative disc disease, Degenerative spinal conditions, Herniated disc, Ligament strain, Lumbar spine disorders, Muscle strain, Myelopathy, Osteoarthritis, Sciatica, Scoliosis and deformity, Spinal stenosis, Spondylolisthesis, Thoracic spine disorders, Trauma and Whiplash. From simple procedures to more complex ones, LSRC have been serving the Plano community for years, yielding the most positive results.

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Detailed information on our services are as follows: Non-Surgical Therapeutic Approaches (Chiropractic Services Summaries) Spinal Disc Decompression An FDA approved treatment of herniated and degenerative discs WITHOUT surgery, which has been shown to be both SAFE and PAINLESS. More than 86% effective in relieving lower back pain and sciatica. Designed to correct the underlying problem, not just relieve the symptoms. An effective treatment for herniated disc, degenerative disc, sciatica, facet syndrome, spinal stenosis, Pre/Post surgical patients. Clinical Nutrition There are numerous ways, which healthcare specialists use to assess the unique nutritional needs of an individual which include taking a thorough history, reviewing dietary habits, physical examination and the performance of laboratory tests such as blood, stool and urine analysis. An individualized nutritional approach will promote health and tissue recovery. Specific supplemental recommendations may be provided to help facilitate anabolic recovery of compromised tissues. Special attention may be placed on recommending neuroprotective strategies in those cases where there is neurological compromise or disease. Physiotherapy Physiotherapy if often one of the earliest approaches taken in a physical medicine setting. It can be used to help an individual gain strength, improve flexibility, reduce pain, and promote greater independence. It is commonly used to treat conditions that affect muscles and nerves. One of the primary applications is the rehabilitation from stroke or injury. Physiotherapy approaches include the use of heat, cold, electric stimulation, ultrasound, iontophoresis, traction and massage. Physical Rehabilitation During the physical rehabilitative approach, attention is placed on the health and integrity of bone and soft tissues, biomechanical function of the affected joint or joints, and the patient's psychosocial response. Physical rehabilitation may be used in conjunction with functional restoration techniques such as physical mobilization or manipulation of joints and related tissues. Adjustive techniques often help promote mobility during the healing process while also promoting quicker and more enduring results. Weight Management Weight management refers to the application of methods to help an individual lose weight. This may involve dietary counseling, nutritional supplementation, exercise therapy or recommendations and behavioral counseling. Acupuncture

It has been proposed that acupuncture may stimulate a local immune response and also contribute to the release of special chemicals within the central nervous system referred to as endorphins and enkephalins, both, which are natural pain reducing compounds. Acupuncture has been used by millions of American patients and performed by thousands of physicians, dentists, acupuncturists, and other practitioners for relief or prevention of pain and for a variety of health conditions. After reviewing the existing body of knowledge, the U.S. Food and Drug Administration removed acupuncture needles from the category of "experimental medical devices" and now regulates them just as it does other devices, such as surgical scalpels and hypodermic syringes, under good manufacturing practices and single-use standards of sterility. Over the years, the National Institutes of Health (NIH) has funded a variety of research projects on acupuncture, including studies on the mechanisms by which acupuncture may produce its effects, as well as clinical trials and other studies. Dietary, lifestyle, and exercise recommendations may accompany the acupuncture approach.

Spinal Manipulation Joint manipulation is used to help promote an optimum the tissue repair process through the various stages of healing. Tissues tend to recover and remodel consistent with the stresses placed upon them during the healing process. Some movement is required for the tissues to heal strong and flexible enough to allow normal joint movement and to adequately withstand physical loads placed upon the tissue. In each stage of repair, methods are used to lessen pain, reduce extent of injury, aid in remodeling of granulation tissue, break adhesions as they develop, and most important, attempt to prevent chronic joint stiffness and /or a potential chronic pain syndrome from developing. Spinal manipulation is most effective if it is used in combination with muscle therapy, correction and maintenance of proper posture, home and in-office exercises and stretching, and proper work and home ergonomics.

Exercise Therapy Exercise therapy refers to the implementation of exercise with a specific goal in mind. An exercise therapy program may be supervised or unsupervised. Supervised exercise is usually part of a physical rehabilitative program. Patients may be provided with simple exercises, which they can perform at home. Home exercises are often provided to help improve flexibility and restore the strength required to stabilize a joint region. Some exercises are provided to help reduce the risk for injury or re-injury. A spinal stabilization exercise program is often used to strengthen muscles around the spine to reduce excessive or abnormal joint and spinal region movement patterns. Physical Therapy Physical therapy often includes the application of modalities such as ultrasound, electrical stimulation, heat, cold and iontophoresis in an attempt to reduce pain and inflammation. In some cases a combination of these approaches may be used. Manual approaches such as joint mobilization or joint manipulation may be applied during the course of physical therapy. The patient may be entered into a progressive exercise program to improve flexibility, muscular strength and endurance. The patient may be referred to an outside facility for aquatic therapy. Work Injury Rehabilitation Evaluation of the injured worker may require a functional capacity evaluation (FCE). The findings serve as a baseline of physical performance capacity at the workplace. If significant deficits are found a course of work conditioning/work hardening may be implemented. This involves the implementation of postural retraining and a course of specific exercises. Onsite or simulated job analysis may be recommended to help design the best therapeutic approach. An ergonomic or workplace assessment may be implemented to provide further insight into the rehabilitative requirements and to assist in the implementation of preventive measures. The practice of chiropractic and acupuncture is based on providing care without drugs or surgery. At LSRC, our doctors are well trained in disease prevention, clinical nutrition and the science of tissue recovery and repair. Our doctors understand the steps required to promote maximum musculoskeletal tissue recovery and repair and return you to an active lifestyle! "

David Lind

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