

Adjusting Techniques

- **Activator:** A spring-loaded adjusting tool to deliver kinetic energy to specific areas.
- **Applied Kinesiology:** a muscle testing technique designed to balance the body.
- **Diversified:** A hands-on approach to aligning the spine.
- **Drop:** Uses specifically designed tables to adjust spinal segments.
- **FRAS:** A computer aided analysis and adjusting technique/tool.
- **Koren Specific Technique:** A neurologically-based system for achieving and maintaining greater health. It addresses the individuality of the patient, the proper order of correction and the posture of subluxation/injury/dysfunction

In Office Therapies

- **ATM[®]:** Active Therapeutic Movements consist of active neuromuscular movements superimposed upon a specific passive holding. ATM[®]s aim to immediately alter symptoms, by affecting the Central Nervous System control. The ATM[®] is a clinical tool designed to enable effective user mobility.
- **Decompression:** Spinal decompression therapy is the use of a specialized traction table to relieve pressure on the affected discs/nerves.
- **IST (Roller Table):** Intersegmental traction tables gently help reestablish the normal mobility of the body's spinal segments. Intersegmental traction tables also help facilitate muscle relaxation and reduce muscle spasms.
- **Laser Therapy:** Adjunctive therapeutic use of a low-level infrared laser that amplifies light energy (photons) emitted as radiant energy for absorption into tissues used to enhance wound healing and pain management after musculoskeletal injury.
- **Manual Traction:** A distraction technique designed to separate segments, stretch soft tissues and supply nutrients to discs.

- **Massage Therapy:** Manipulation of the soft tissues of the body for the purpose of normalizing those tissues and consists of manual techniques that include applying fixed or movable pressure, holding, and/or causing movement of or to the body.
- **Muscle Stimulation:** A device that stimulates muscle contraction by electrical impulses; these devices are used to decrease muscle spasms, fatigue and relax muscles. Gives pain reduction.
- **Ultrasound Therapy:** application of ultra frequency sound waves (1-3MHz) to tissues in order to promote healing, reduce pain and swelling, and break down adhesions.



Dr. Alex Janis

A 2005 graduate from Northwestern Health Sciences University in Minnesota. Originally from the Livingston Co area, Dr. Janis is happy to provide care for the community in which he was raised. Dr. Janis enjoys working with patients of all ages and continues to learn new techniques through continuing education seminars, thereby delivering the most up to date care to his patients.

If you are unsure if chiropractic can help with your symptoms or pain, please call our office and speak to one of our staff members! We would love to answer any questions.

Our Massage Therapists

Our massage therapists are Licensed in the State of Michigan, and have furthered their knowledge through seminars and other educational opportunities. Our techniques include, but not limited to: trigger point therapy, deep tissue, Swedish, reflexology, Reiki, muscle isolation, carpal tunnel and neck stretches, polarity with muscle balancing and myofascial release. **Muscle Work is a KEY therapy, incorporated into care, at Janis Chiropractic.**

Symptoms may include, but not limited to:

- Headaches/Migraine
- Low Back Pain
- Neck Pain
- Shoulder Pain
- Carpal Tunnel Syndrome
- Numbness/Tingling
- Plantar Fasciitis
- Sports Injuries
- Knee/Leg Pain
- Sinusitis
- Vertigo
- Indigestion
- Asthma
- ALLERGIES
- Fatigue
- STRESS!!!
- Ear Infections
- Colic in infants and adults

- AND MANY MANY MORE!