


If You Have Any Of The Following Symptoms You May Benefit From Chiropractic Care!

- ◆ Pain between the shoulders
- ◆ Difficulty breathing
- ◆ Recurring headaches
- ◆ Neck, shoulder, arm pain
- ◆ Numbness or tingling in hands or feet
- ◆ Neck stiffness
- ◆ Sports injuries
- ◆ Muscle soreness
- ◆ Loss of sleep
- ◆ Low back pain
- ◆ Leg pain

What is Chiropractic Care?

Chiropractic, also known as conservative care, is a form of treatment in which the doctors use natural healing methods instead of drugs or surgery. We may relieve muscle spasms, pain and swelling by performing spinal manipulations. In some cases we may use physiotherapies such as ice or heat and then use rehabilitation to strengthen weakened areas.

What To Expect In My Office:

We will take a detailed history and perform an examination based upon your complaints. Usually basic neurologic and orthopedic tests are performed to aid in making a diagnosis. X-rays may or may not be taken, depending on the circumstances surrounding your injury. In some cases additional testing may be recommended.

Treatment will generally begin on your next visit. This usually consists of manipulation, which helps relieve muscle spasms and restore normal range of motion. Other therapies such as heat, ice, massage and exercises will be prescribed to aid in healing.




Do I Have To Keep Going For Years?

This is a common misconception. Many people think that once you start seeing a Chiropractor you can never stop. Some people have conditions that will not go away, such as arthritis. These people may have to see a Chiropractor for a long time before they feel better. But most people will find that a few visits to the Chiropractor and some rehabilitation is all they need. In fact, several studies show that for low back pain, Chiropractic care is less expensive, and gets you out of pain in less time than many common medical treatments.

Is Chiropractic For Everyone?

As a Doctor of Chiropractic, I am trained to perform a thorough examination. I am able to tell you if your condition is one I can treat. If not, I will refer you to the appropriate healthcare professional. You may find that Chiropractic is not just for back pain. I commonly treat knee and ankle sprains, shoulder injuries, Carpal Tunnel Syndrome and more. Don't be stopped by pain, call my office today!





Dr. Gary R. Gaulin, D.C.

Dr. Gaulin graduated from Palmer College of Chiropractic West. There he was active in biomechanical research and has co-authored scientific articles. He was president of the Activator Club where he taught the Activator Method of Chiropractic Analysis to his classmates. He was also the developer and instructor of a course designed to teach future doctors the benefits of the use of computers in their office. He continues to study and research the benefits of Chiropractic and conservative care for his patients.



Gary R. Gaulin, D.C.
Coachella Valley Neck & Back Clinic
73-350 El Paseo Dr. #106
Palm Desert, CA 92260
Phone: 760.346.5660
Fax: 760.346.5640
www.cvneckandbackclinic.com



*Helping you
achieve a better
quality of life!*

