

New Technology Plus Tradition Equals Pain Relief and Healing

As we age, we begin to notice more aches and pains. Many of them, especially back problems, tend to come on slowly (or at least the symptoms do). Other times, trauma can bring instant discomfort. No matter the cause, when our bodies begin to protest loudly, that's when we look for someone to provide relief. For those of us who have done some searching, the realization comes quickly that there are a variety of choices in therapeutic medical care providers.

Some individuals, fortunate to discover Tri-States Clinic of Chiropractic, PC, quickly find relief with their first stop. Others, like Sammy Ritchie of Lancaster, Wisconsin, often embark on long quests for pain relief before finding Tri-States Clinic — and the effective treatment.



"I was referred to Tri-States Clinic by my neighbors who had come to Tri-States Clinic and gotten great results," said Ritchie. "I had a long history of severe back pain and neck pain... I was unable to walk any distance without having to sit and rest... I was miserable. I had given up any hope of improvement.

"My diabetic ulcers had cause[d] problems with my big toe. The podiatrist told me I would lose it.

"I am excited to report that I feel so much younger, and my wife even has a hard time

keeping up with me now thanks to spinal adjustments and laser therapy. My back feels great and my neck doesn't feel stiff. And laser therapy saved my toe."

The differences in chiropractic care lie in the type of manipulations, scope of follow-up care, and the technology used during treatments. Dr. Vicki Souder, D.C. and Dr. Dennis O'Donnell, D.C., of Tri-States, combine proven chiropractic techniques with the latest technology to bring their patients the maximum healing and quickest pain reduction.

The Tri-States Clinic of Chiropractic was established in October 2004 and is located across from Finley Hospital in the old Grandview Methodist Church. The doctors see patients on Monday, Wednesday, and Thursday from 9:00am to noon and 2:30 - 6:00pm, Tuesday 2:30 to 6:00pm, Friday 9:00am to noon, and Saturday by appointment. To schedule an appointment or to ask about the treatments available call 563-585-0800. Tri-States Clinic also has an informative Web site at www.dubuquechiropractic.com.

Drs. Souder and O'Donnell offer many different products and services at their clinic. They use the Pettibon System of chiropractic

care, a comprehensive rehabilitation program for the spine's hard and soft tissues. With this type of program, patients are active participants in their care, continuing their treatment with monitored home therapy. Detoxifying foot baths and Isagenix cleansing are also used in the clinic and are helpful for weight loss and detoxification, and deep tissue massage treats painful inflammations.

Along with all the other products and services offered, a major focus of Tri-States Clinic is laser therapy. Erchonia Medical's low level laser has been granted many FDA approvals for everything from wound healing to improved spinal motion and pain reduction. The laser is used to initiate microcirculation and enhance tissue regeneration, resulting in less pain and a greater range of motion. The process itself is painless and offers quick results.

The Tri-States Clinic chiropractors focus on applied Neurology. In addition to treating normal shoulder, neck and back problems typically associated with a need for chiropractic care, Tri-State Clinic's treatments have been successful for people with sinus, allergies, asthma, TMJ pain, migraines, whiplash, carpal tunnel, fibromyalgia, sleep apnea, acid reflux, and sports injuries, including knee problems. They are able to treat a much greater range of symptoms than other chiropractic clinics using the laser technology. It's the combination of treatments that make the clinic so successful.

"In less than four months, the doctors at Tri-State Clinic have improved my posture, and alleviated significant neck and back pain and have helped my range of motion overall. By using a combination of laser therapy, adjustments, massage and some traction, the doctors have helped me considerably. This is the first time that I have tried Chiropractic treatment and I did it on the recommendation of a good friend who also has had good results. Tri-State Clinic is an atmosphere of smiles, laughter and hope which is therapeutic to most people who come there with longstanding problems," said Norma Denlinger, Dubuque, Iowa.

Indeed, the doctors at the Tri-States Clinic are always trying to help more people. Dr. Souder is a regular contributor to the Dubuque Telegraph Herald's Ask the Experts column, reaching out to those outside the clinic. Both doctors are members of the Dubuque Chamber of Commerce.

No matter what level of care you require, the Tri-States Clinic of Chiropractic is there for you, ready to put together a treatment program that will restore your health and your hope.

For more information, call 563-585-0800.



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**Tri-States Clinic
of Chiropractic, PC**

Laser and Rehab Center



www.dubuquechiropractic.com