COMING JANUARY 1, 2016

Naprapathic Medicine - a new benefit covered by your insurance

We Successfully Treat Conditions such as:

• Carpal Tunnel Syndrome • Migraines, Headaches • Upper and Lower Back Pain •
  Stress and Work-related Tension • Whiplash, Neck Pain • Sciatica
  • Strains, Sprains • Elbow, Arm and Shoulder Pain
  • Workers’ Comp Injuries • Auto Accidents

“We Treat Stress, Aches & Pains without Drugs.” ™

NAPRAPATHY - (Nuh-prah-pa-thee)

What is Naprapathy? Naprapathy is a branch of medicine (manual medicine) that focuses on the evaluation and treatment of neuro-musculoskeletal conditions. Doctors of Naprapathy are connective tissue specialists.

Naprapaths do hands-on soft and Connective Tissue Manipulations (SCTM) using techniques as spinal manipulation/mobilization, stretching and massage, to stretch the definite strands of shrunken soft and connective tissue in order to decrease pain and disability. Naprapathy has a 100-year history and is performed mainly in Scandinavia and the United States.

What is connective tissue? Connective tissue is found throughout the human body. A few structural examples include: ligaments, tendons, fascia, cartilage, and discs. Your body is a complex network of connective tissue that can become unbalanced: too tight in some areas (contracted) and too loose in other areas (lax). These imbalances often result in pain and discomfort. Some causes are:

stress, poor sleeping position, faulty posture, improper biomechanics and absence of ergonomics. Imbalances can also occur due to sudden trauma such as: motor vehicle accidents, sports injuries and work related injuries.

NAPRAPATHIC MEDICINE OF NEW MEXICO
www.nmnm.org
(505)424-8990
List of Naprapathic Doctors in New Mexico

Napraphatic Medicine of New Mexico (NMNM)
Dr. Patrick Nuzzo
Dr. Kirsten LaVista
Dr. Taylor Nuzzo
Dr. Renee Nix
2006 Botulph Rd, Suite A
Santa Fe, New Mexico 87505
(505)424-8990

Fitness Plus
Dr. Joseph Oliaro
Dr. Barbara Petkus
1119 Calle de Cielo
Santa Fe, 87507
(505)473-7315

Natural Pain and Balance Wellness Center
Dr. Randy Lee
1258 Ortiz Dr. Se #302
Albuquerque, NM 87108
Office number (505)219-3150
Appointments (505)424-8990

Harmony Napraphathic
Dr. Portia Sykes
8100 E Main Street
Farmington, NM 87402
(505)327-0086

Dr. Susan Rivet
Mountainair,NM
(505)847-2251