

Naprapathic Medicine of New Mexico

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
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List of Naprapathic Doctors in New Mexico

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