



WEBER CHIROPRACTIC OFFICE, S.C.
Providing Choices in Complementary Health Care
Gentle Chiropractic Therapy – Acupuncture – Rehabilitation –
Low Level Laser – Nutrition – Medical Weight Loss - Kinesiotaping



What Does That “Gun” Do?

Frequently patients ask what the instrument does. They appreciate the results that they get through manipulation, but wonder how it happens with the instruments. Let me explain. I use two different types of instruments, an Impulse and an Activator. When you come in with pain as a result of spinal or other joints (knees, ankles, shoulders, elbows, wrists) become misaligned or mildly sprained (pushed beyond their normal ranges of motion), the quickest way to get you better is to restore the proper motion and alignment in those joints. That is done with manipulation which means inducing a corrective force (a manipulation or adjustment) in very specific direction to correct the normal alignment of the joint. That can be done with a forceful manual adjustment (cracking) or with an instrument. The advantage of the instrument approach is threefold: 1) instrument adjusting is 100 times faster than manual adjusting which means that you manipulate the joint before the surrounding muscles can tighten, making the joint alignment easier, 2) joints are aligned in certain directions and the instrument allows me to be very exact in the direction of the corrective force without stretching the joint as with manual manipulation, 3) I always know exactly how much force is being applied to the joint because the levels of force to use are preloaded in the instrument. The forces delivered by hand manipulation are different each time it is applied and the natural tendency of a patient is to resist those manual forces which reduce the effectiveness. In addition, most people do not like getting their necks “cracked” and instrument manipulation gives us an excellent and effective way to correct joint alignments without twisting. It is also extremely effective when adjusting ankles, knees and arms.

The instruments can also be used to reduce muscle tension and spasm by thrusting over the middle of muscles stimulating nerve receptors called muscle spindles. These receptors monitor the muscle for excessive stretch and cause the muscle to relax if overloaded. Stimulating them with the instrument causes them to relax. This is done frequently in the thigh and lower legs and can be very effective in relieving tension and tightness in these muscle groups.

Fascial Movement Taping Certification

On Sunday, June 1, I attended an 8 hour advanced course in utilizing kinesiology tape for corrections of general movement patterns in the body. We have been using this healing approach for four years now, utilizing kinesiotaping for localized areas of pain, muscle tension and to control joint motion. This just adds one more dimension for correction of broader problems of motion affecting a patient’s pain pattern.

Yes, The Bridge Will Be Closed For 10 Short Days

Starting Monday, July 21, The Julien Dubuque Bridge will close for 10 days for needed repairs. We will be open but for those coming from Iowa, you will need to take the scenic route over the Wisconsin bridge, take the first exit on the right, go to the next intersection and take another right and follow Route 35 into East Dubuque. Thank you for your understanding.

Again, thank you for being our patient!
We appreciate you and look forward to serving you.

David J. Weber, D.C., D.A.B.C.O.

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