

## ABOUT THE DOCTORS

### DAVID KAHN, D.C.

Dr. Kahn was born and raised in upstate New York. He received a Bachelor's degree from Cornell University in 1991. He went on to receive a doctorate Magna Cum Laude from New York Chiropractic College in 1998.

Dr. Kahn is licensed to practice in Nevada and New Mexico. In August of 1999 he began practicing in Fernley.

He is trained in Activator Technique, Nimmo Technique, Active Release Technique, Chiropractic Biophysics, Diversified adjusting, Motion Palpation, Flexion/Distracton, Sacro-Occipital Technique, deep tissue massage, Kinesio taping and other techniques.

### ANDREW BADER, D.C.

Br. Bader was born and raised in Reno, Nevada. He received his undergraduate education at the University of Nevada-Reno.

In June 2003 Dr. Bader graduated from Palmer College of Chiropractic West in San Jose, CA. His training includes the latest innovations in nutrition, exercise and therapeutic modalities in addition to Diversified Adjusting, Flexion/Distracton, Activator and Active Release Technique.

Dr. Bader continues to further his education in sports injuries, rehabilitation and the latest advances in Chiropractic research. In addition to his Chiropractic and undergraduate education, he is a certified Emergency Medical Technician (EMT).

### Mission Statement

***Our goal is to use any methods available to help you become the healthiest person you can and remain pain free. We will always try to do this in the quickest and gentlest manner possible.***

***CHANCES ARE WE ACCEPT YOUR INSURANCE. WE WILL CALL YOUR INSURANCE COMPANY TO VERIFY YOUR BENEFITS AND BILL YOUR INSURANCE COMPANY FOR YOU.***

# FERNLEY CHIROPRACTIC

WELCOME BROCHURE



240 HWY 95A, STE B  
FERNLEY, NV 89408  
(775) 575-5511

## WHAT TO EXPECT FROM AN ADJUSTMENT?

First you should know what an adjustment is. A chiropractic adjustment is the use of a specific force in a precise direction that helps normalize joint and spinal function.

The Doctor performs adjustments by hand or with the use of instruments such as special tables or hand held devices. You often feel the bones or muscles move during the adjustment.

Relief of symptoms may begin immediately or may take time and further treatments. Most people feel different after the treatment.

Treatments at Fernley Chiropractic usually involve the use of ancillary modalities for full benefit from the adjustment and quickest results.

## **WHAT IF I HURT AFTER THE TREATMENT?**

Some people feel discomfort after an adjustment or use of ancillary therapies. Mild discomfort is nothing to be alarmed about. Remember, your body may have changed your neurologic patterns, posture, length of muscles, ligaments and tendons to accommodate for the stresses and injuries you have had. Convincing your body that the new motions and positions are an improvement may take some time and persistence. Treatments usually become easier and more comfortable as care continues.

***If you have increased pain that lasts for longer than a day, is sharp or pinching, radiates pain away from the injury site, or if something just does not feel right, contact us so the doctor can check you. There is no charge for a check up within a day of treatment.***

If the Doctor feels you need to seek a second opinion or see a specialist he will refer you to one of the many doctors and

specialists that work with our office.

## **OTHER SERVICES OFFERED AT FERNLEY CHIROPRACTIC**

At Fernley Chiropractic we utilize any methods we can to get you well quickly. We are equipped with electric muscle stimulation and ultrasound machines, roller tables and X-ray equipment on site. We have two certified massage therapists on staff. Also, we use stretching, traction, taping, strengthening and balance exercises to facilitate healing and prevent reoccurrences of injuries. Nutritional counseling, body fat testing, dietary supplements and orthopedic supplies are available, as well.