

## Auricular Therapy

Effective in pain control, Auricular Therapy has been practiced in the Orient for centuries. Auriculotherapy is a health care procedure in which stimulation of the auricle of the external ear is utilized to alleviate health conditions in other parts of the body. A large number of sites have been identified on the ear which become spontaneously tender or otherwise react to the presence of disease or injury elsewhere in the body. Stimulation of these ear points electrically exerts certain therapeutic effects on those parts of the body with which they are associated. This form of stimulation has been used successfully in treating the following conditions:

- Neck Pain
- Upper and Mid Back Pain
- Low Back Pain, Sciatica
- Osteoarthritis
- Sprains
- Strains
- Frozen Shoulder
- Post-Operative Pain Relief
- Neurologic Syndrome
- Allergies
- Asthma
- Migraine
- Fatigue
- Anxiety
- Abnormal Blood Pressure
- Tennis Elbow
- Sinus Headaches

## About Our Doctors

**Michael Sofer, C.C.P.A.** completed his undergraduate studies at California State University. He went on to earn his Doctor of Chiropractic degree from Palmer College of Chiropractic, West in Sunnyvale, CA in 1982.



**Dr. Michael Tom** completed his undergraduate studies at Towson University. He went on to earn his Doctor of Chiropractic degree from Life University in Marietta, GA in 2001.



## Services We Offer...

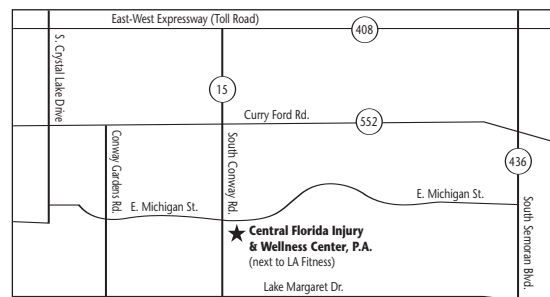
Central Florida Injury & Wellness Center, Inc. staff members specialize in restorative programs that include:

- Chiropractic Adjustments
- State-of-the-Art Diagnostic Evaluation
- Treatment of chronic neck & back pain
- Treatment protocol for arthritis sufferers
- Treatment of shoulder, elbow, hip & knee injuries
- Treatment of pediatric scoliosis
- Treatment for headaches, numbness, stress & pinched nerve
- Treatment of auto, work, personal, sports or other injuries
- Patient care by a team approach of professionals
  - Chiropractors
  - Massage Therapists
- On-site X-rays
- Outside Lectures
- Safety programs for industry
- No Waiting
- Immediate Appointments
- Open Mon.-Fri.
- Evening Hours

## Location

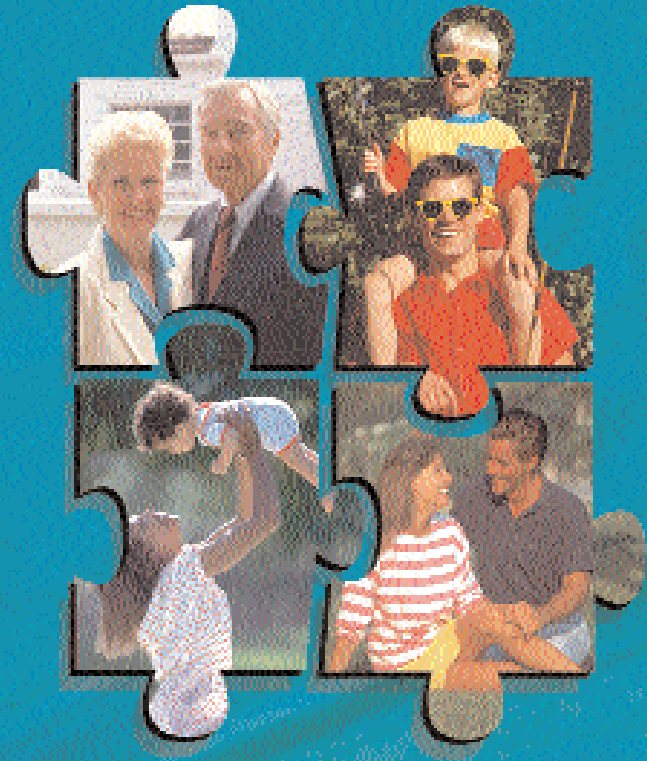
Central Florida Injury & Wellness Center, Inc. is conveniently located at 4586 E. Michigan Street in Orlando.

**407-277-0046**



[www.OrlandoPainFree.com](http://www.OrlandoPainFree.com)

# Your Solution to the Health Care Puzzle



## Central Florida Injury & Wellness Center, Inc.

4586 E. Michigan Street • Orlando, FL 32812

**407-277-0046**

- **Chiropractic**
- **Massage Therapy**
- **Rehabilitation**

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## ***Integrated Care... Chiropractic & Massage Therapy***

Our practice combines the unique talents of a chiropractor and massage therapists under one roof. This multi-specialty team provides you with a non-surgical approach to your pain and injury.

**Central Florida Injury & Wellness Center, Inc.** is committed to providing the highest quality of health services to help restore each patient to optimal health and well-being. A completely individualized program will be designed utilizing the most advanced combination of diagnostics and treatment options available.

Our goal is to offer relief care while working to correct and



maintain your health, with you as an active participant. The most successful health program is devoted to both healing and restoration of complete function.

## ***Massage Therapy***

### ***Feel the benefits of massage!***

- Relieves tight muscles and eases muscle aches
- Promotes deeper and more restful sleep
- Boosts immune system
- Reduces blood pressure and relieves stress
- Promotes greater alertness in mental functioning
- Increases circulation and flexibility
- Improves muscle tone
- Allows joints to move more freely



## ***Chiropractic***

Chiropractic is based on the scientific fact that your nervous system controls the function of every cell, tissue, and organ of your body. Your nervous system consists of your brain, spinal cord, and millions of nerves. Your brain is protected by the skull, and your spinal cord by the 24 moving bones of the spine. Many everyday activities can cause these spinal bones to lose their normal position of motion.

The chiropractic approach to better health is to detect, reduce, and help prevent nervous system dysfunction.

After taking a complete case history to review important aspects of your health, a thorough examination will be conducted.



Based on your examination findings, x-rays or other types of diagnostic imaging may be necessary.

## ***Rehabilitation***

Under the direction of a doctor, we can help you take advantage of our unique rehabilitation program. You'll enjoy state-of-the-art equipment and appreciate our one-on-one supervised care.

Focus is placed on stretching tight muscles, strengthening weakened muscle groups, and the overall improvement of cardiovascular function. We offer a variety of therapies to provide quick pain relief for our patients. Our therapy department provides the following services:

- Ultrasound
- Hot moist therapy (hot pack)
- Cryotherapy (ice packs)
- Electric muscle stimulation
- Auricular Therapy
- Decompressive Traction
- Hydrotherapy
- Spinal rehabilitation
- Joint Mobilization
- Myofascial Release
- Intersegmental traction
- Cold Laser Therapy



We also have an on-site exercise facility. Our Doctors work closely with patients to develop individual rehabilitation programs. We offer:

- Free Weights
- Personalized Therapeutic Exercises

## ***Decompression Therapy***

- Painless
- Non-Invasive
- FDA Approved
- Safe

*This advanced, computerized medical device is the latest breakthrough technology for alleviating the disabling effects of lower back and neck conditions. It has helped hundreds of suffering people to live pain free and prevent surgery.*

Decompression System is a supervised procedure that is amazingly effective for a majority of patients. A true breakthrough and solution for the relief of neck and low back pain. The Decompression System is designed to release the pressure on spinal discs, nerves and joints that are entrapped and causing your pain.

In conjunction with Decompression System most patients receive on-site rehabilitative exercises by our professional staff.

Although there is no guarantee for cure or pain relief with the Decompression System, most patients see a measurable success as fast as their first few treatments. **Pre and Post MRIs have shown 50% reduction in the size and extent of disc herniation after four weeks of treatment. Initial clinical studies indicate 86% of patients with disc problems reported relief with decompression therapy.**

## ***Cold Laser Therapy***

Laser therapy has helped hundreds of pain sufferers including professional athletes, elderly, and children. Many chronic sufferers experience their symptoms due to repetitive excessive motion on the joints which could cause inflammation, swelling, numbness, and tingling along the nerves and muscles. The most common causes of inflammation are improper alignment, uncorrected trauma, and weakened damaged tissues. Left uncorrected, scar tissue forms around the joint, causing degenerative changes and chronic symptoms. These ailments have responded extremely well to a combination of laser therapy and therapeutic massage followed by professionally supervised exercise programs.

Central Florida Injury & Wellness Center, Inc. can develop a specific treatment program based on your needs to help a speedy recovery.