



Universal Health™



Logan Basic Technique

Treats the muscles that control spinal balance in order to release tension caused by stress and awaken the body's own self-healing mechanism

Stress may come from a traumatic blow such as an automobile accident, allergic reaction, surgical trauma, emotional upset, from severe exposure to heat or cold, or from more insidious causes such as malnutrition or sleep deprivation or sustained periods of overwork. Too much stress can produce a condition known as "strain" in which muscles are unable to fully relax after use and remain in a state of fatigue. Tense and tight muscles limit the bloodstream's capacity to carry away the waste products that have accumulated in the tissue as a result of metabolism. These "fatigue poisons" (as they are known) that are left behind are stored in the muscle tissue where they cause pain. Ultimately, tight muscles will pull the spine out of alignment which can result in neck, shoulder and low back pains.

How Does It Work

Logan Basic Chiropractic Technique treats the muscles that control your spinal balance in order to release this tension. The proper leverage, applied ever so lightly at the right spot, will cause your entire spine to move towards balance. This method is similar in principle to that used to change a flat tire. The proper leverage of a car jack will allow a comparatively small person to elevate a heavy car right off the ground.

The Treatment

Before treatment begins, your practitioner will analyze your spine while you stand in front of a plumb line. Further examination may also be made with you lying face up and/or face down on the table, fully clothed or in a light gown. Then, with you lying face down, your practitioner will place a very light pressure on a pre-determined "leverage spot" on the sacral bone in your low back, employing the same principle described in using a car jack. This spot is held for 10 to 15 minutes while your practitioner lightly rubs the back muscles with his other hand, coaxing them to release tension. Treatment, in this gentle but powerful manner, causes a release of deep muscle tension. Fatigue poisons are then immediately eliminated and the effects of strain are reduced in your body.

The Benefits

A body in deep strain often cannot garner the forces to restore well-being on its own. It is then that an intervention such as Logan Basic Technique can be employed to reduce strain significantly and engage the body's own self-healing energies. As a result you will experience pain relief in affected areas, a more flexible and elastic tone will be restored to your total body, and you will feel more relaxed and capable of coping better in your work and social life.

Do you suffer from?

Allergies, Asthma, Back ache, Carpal Tunnel, Elbow pain, Fibromyalgia, Headaches, Hip pain, Joint pain / problems, Knee pain, Lower back pain, Muscle tightness and stiffness, Neck pain, Sciatica, Shoulder pain, Sports injuries, Stress, TMJ

Results You Can Expect?

The number of treatments needed to break the stress/strain cycle is different for each person, because each person's medical history and physical makeup are necessarily different. Treatment determination will depend upon the patient's age, the nature of the disorder, the length of time it has been there, and most importantly, the individual's responsiveness to treatment.

Integrative Medicine combines the best available in Health Care in order to obtain optimum results by maximizing the body's natural healing mechanisms.

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Restore + Sustain + Advance

