

सर्वे सन्तु निरागयाः



Dr. Parth Trivedi
Consultant Chiropractor & Physiotherapist

YOUR GUIDE TO CHIROPRACTIC CARE

Your Guide to Better Spinal Health
Know The Essentials. Get More From Your
Chiropractic Journey.



*Medicine Free
&
Surgery Free
Treatment*



USA National board Certified Chiropractor

DR. PARTH TRIVEDI

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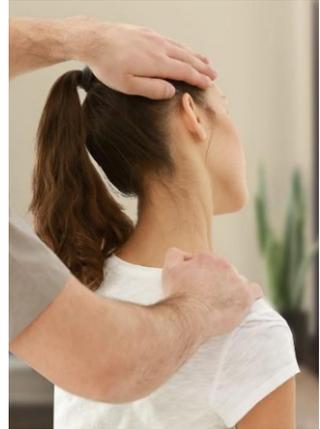
What is Chiropractic?

Modern Chiropractic began in the late 1800s when Daniel David Palmer, a self-educated teacher and healer, performed the first spinal manipulation on a patient. Today, Chiropractic is the third largest area of medicine, next only to dentistry and is the largest Complementary and Alternative Medicine health profession.

The word ‘Chiropractic’ comes from Greek words meaning “treatment by hand”, which is exactly what Chiropractors do - they use their hands to manipulate the body and promote healing and wellness.

The Chiropractic philosophy is based on the following belief systems:

- All bodily functions are connected and the healing process involves the entire body.
- A healthy nervous system, particularly the spine, is the key to a healthy body. The spinal cord carries information throughout the body and is responsible for all bodily functions including voluntary movements (such as walking) and involuntary functions (such as breathing). When the systems of the body are in balance, it is called homeostasis. Disorders of the bones, muscles and nerves can disrupt the homeostasis and increase the risk of disease and other health problems.
- When the body systems are in harmony, the human body as the remarkable ability to maintain health and heal itself.



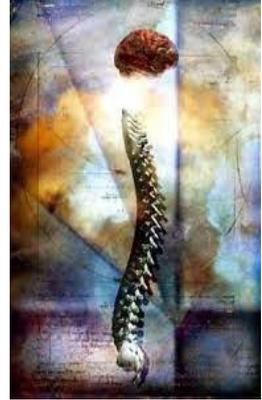
Chiropractic is based on the scientific fact that your body is a self-regulating, self-healing organism. Complex, meaning consisting of more than one part.

Chiropractic is the science of locating offending spinal structures, the art of reducing their impact to the nervous system, and a philosophy of natural health care based on your inborn potential to be healthy.

Why Chiropractic is different?

The modern doctor of Chiropractic works both directly and indirectly with the nerves, because every function of your entire body is under control of the nervous system.

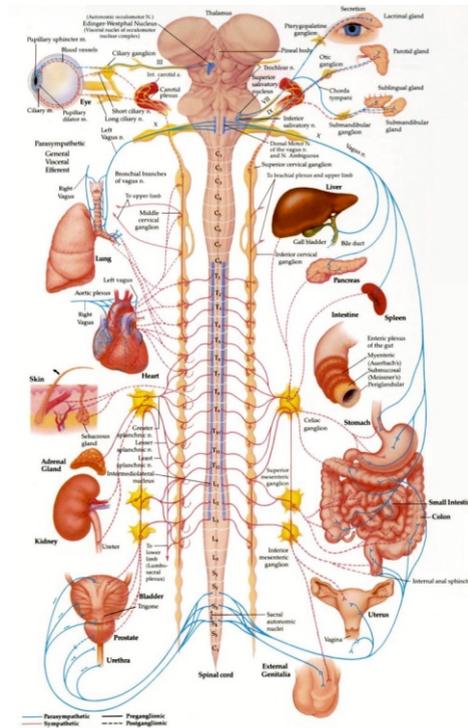
Every organ, tissue and cell is controlled by neurological impulses travelling from the brain to every part of the body. Nerves make it possible for sight, smell, taste, touch and hearing. Nerves maintain your balance and keep your body temperature at 37.6 degrees. Nerves control your liver, your lungs, your spleen, your pancreas, your gallbladder and kidneys and all other organs. In fact, the nervous system is the master system which controls all other systems of the entire body including the glandular, reproductive, digestive, elimination, respiratory and circulatory. Complete perfect natural health comes only when you have a complete perfect natural normal functioning nervous system.



For a doctor of Chiropractic, the avenue of approach is the spine because it houses and protects the spinal cord - the switchboard of the nervous system through which nerves pass from the brain to different parts of the body. The nerves leave the spine through openings between movable spinal bones called vertebrae. When these vertebrae move out of alignment there can be an interference with the normal activities of the nerve. This interference can disturb function throughout the body and cause many diseases.

Most conditions of ill health are the result of some underlying causes within the body which must be found first before correction can be effective and help restore true health. Chiropractic has developed specific techniques for locating and then correcting spinal misalignments that disturb nerve function. Chiropractic therefore makes a major contribution to the healing and the healing arts.

Chiropractic talks to your nervous system



What changes can I expect?

When you experience pain, it can affect every aspect of your life. Pain can sometimes take many years to develop, and can advance unnoticed. Other times, pain can happen in an instant. However it comes on, pain will change the way you live your life. It's effects can alter your physical, emotional and mental state, tone of voice, attitude, treatment of others, daily activities, the way you appear to others, and can leave you feeling defeated.



Through education, understanding and Chiropractic treatment, you will start to move forward away from pain to a state of wellness. measure our wellbeing in a physical sense, you can experience an improvement in some or all of the following aspects:

Along with these benefits, as a patient of Dr. Parth Trivedi you will receive constant education and valuable advice to better your health permanently.

- | | |
|-----------------------------------|---|
| ✦ <i>Flexibility of the spine</i> | ✦ <i>Higher level of concentration</i> |
| ✦ <i>More energy</i> | ✦ <i>Greater feeling of wellness</i> |
| ✦ <i>Less fatigue</i> | ✦ <i>Greater relaxation</i> |
| ✦ <i>Reduced illness</i> | ✦ <i>Decreased moodiness and temper</i> |
| ✦ <i>Reduced pain</i> | ✦ <i>Less depression and anxiety</i> |
| ✦ <i>Positive mental state</i> | ✦ <i>Better and more restful sleep</i> |
-

How is Chiropractic performed?

Specific spinal adjustments or spinal corrections are the speciality of Chiropractors. The term ‘Chiropractic adjustment’ refers to the specific manipulation Chiropractors apply to vertebrae that have abnormal movement patterns or fail to function properly, otherwise known as a subluxation.

A gentle thrust is introduced onto the spine intended to release a vertebral segment from its abnormal motion and/or position, thereby reducing the vertebral subluxation or spinal misalignment.

Spinal adjustments, are tailored to the patient’s age and spinal condition.

Chiropractic analysis utilises x-ray examination for visual assessment of the subluxated spine, to detect any possible contraindications to spinal adjustments, and to rule out bone disease or spinal pathologies.

How safe is Chiropractic?

Chiropractic is widely recognised as one of the safest and most effective therapies for musculoskeletal conditions. In the words of the New Zealand government's inquiry, Chiropractic care is "remarkably safe." Chiropractic has an excellent safety record. It is the result of a conservative approach to health that avoids invasive procedures or addictive drugs.

Chiropractic is the largest non-surgical, non-drug prescribing primary contact health profession in the world. Chiropractic avoids drugs and invasive procedures and has an excellent safety record. In relation to the treatment of neck and back pain, studies have shown that a course of chiropractic care was 250 times safer than a course of anti-inflammatory drugs.

Although chiropractic care has an excellent safety record, no health treatment is completely free of potential adverse effects. The risks associated with chiropractic, however, are extremely small. To put things in perspective, you have a greater chance of being injured in a car accident than from your chiropractic care.

Dr. Parth Trivedi is a highly qualified and trained professional and India's only doctor with dual doctorates PhD in Physiotherapy and

Doctorate in Chiropractic (USA).

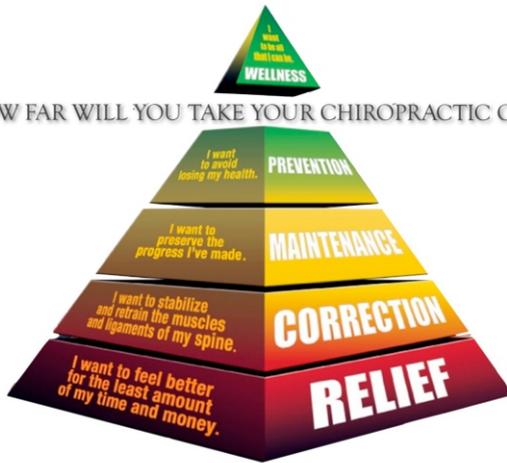
Chiropractic is safe and may assist in a wide range of conditions such as:

- Pregnancy
- Osteoporosis
- Cancer
- Rheumatoid arthritis
- Psoriatic arthritis
- Disc injuries
- Whiplash injuries
- Spinal fracture



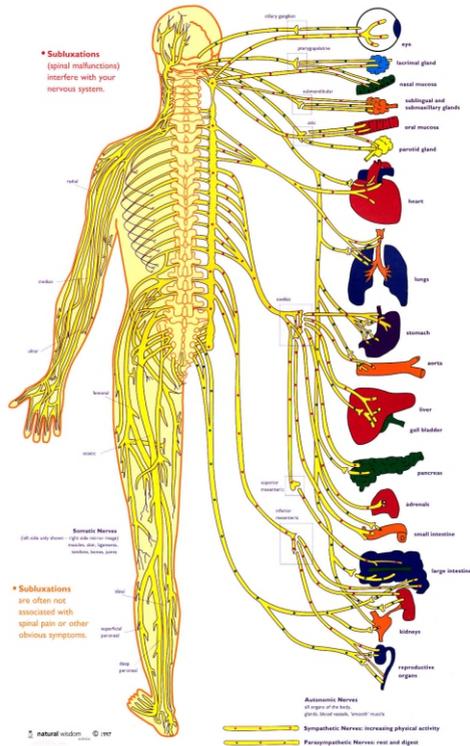
**Dr. Parth Trivedi at
Life Chiropractic College
West, California, USA.**

HOW FAR WILL YOU TAKE YOUR CHIROPRACTIC CARE?



Through your nervous system

you perceive the world, adapt to stress, coordinate all body parts and functions, express emotion and create your conscious reality.



Levels of Care

There are different types of Chiropractic Care available within the practice. The type of care you are offered by Dr. Parth Trivedi

Condition.

The three different types of care are:



1. Initial Intensive Care

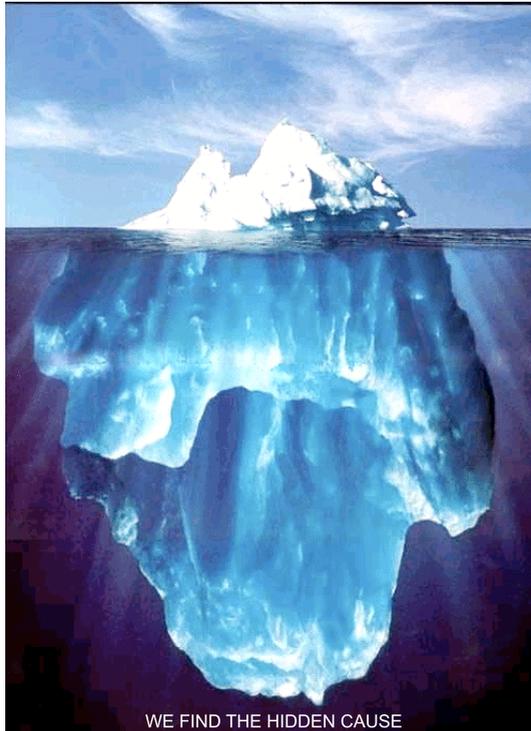


2. Reconstructive Care



3. Maintenance Care

SYMPTOMS ARE MISLEADING



The Road to Recovery

WELLNESS CARE

OPTIMIZING

ENHANCING

CORRECTING

HEALING

STRENGTHENING

IMPROVING

RECOVERING

STABILIZING

SUFFERING

RELIEF CARE

Most patients consult our clinic because they have an ache or a pain. Their goal? Relief. That's our first objective.

A thorough examination reveals areas of spinal dysfunction. Then, we offer a care plan designed to give you the best results in the shortest amount of time. Visit are frequent during this period of Intensive Care. Each visit builds on the one before, so keep your appointments to get the best results.

RELIEF CARE

"Faster results..."

"Slower results..."

"Feeling better"

"Symptoms gone"

"Noticeable improvement"

"Making progress..."

When you're feeling better, you'll have a decision to make. Will you continue with the care necessary to fully heal soft tissues? Or abandon the investment that you've made so far?

When you continue your care, visits are less frequent and progress will be less dramatic. If you end your care before fully healing muscles and soft tissues you can invite a relapse.

Whatever your choice, we're here to help support you and your decision.

DECISION TIME

"Feeling better"

"Symptoms gone"

"Noticeable improvement"

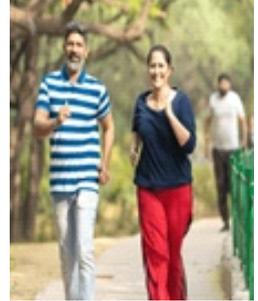
"Making progress..."

"Feeling better"

"Symptoms gone"

Tips for a Better Spine

The way you perform your daily activities will have a major impact on the health of your spine. Here are some rules to live by to help reduce back and neck trouble.



The key to decreasing stress on the spine is to have good health habits.

- Have good posture
- Exercise regularly
- Lift correctly
- Work at correct heights
- Sit on firm chairs
- Use a footstool
- Sit up straight when driving
- Sit upright
- Use a quality supportive mattress and pillow when sleeping
- Wear correctly fitting shoes
- Vary tasks
- Include stretching into your daily routine



DO

Sitting



Good body mechanics when sitting down in a chair.
If a chair is too high, swayback is increased.

Standing



A footstool will relieve the sway back and help to flatten the back.

Bending (continued)



Good body mechanics when Keep back rounded as you
If a chair is too high, swayback is increased.

DON'T



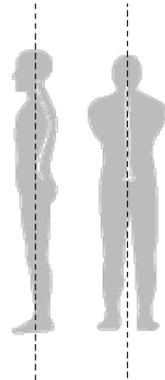
Rules to Live By

1. Avoid bending from the waist only; bend the hips and knees.
2. Avoid lifting heavy objects higher than your waist.
3. Always turn and face the object you wish to lift.
4. Avoid carrying unbalanced loads.
5. Hold heavy objects close to your body.
6. Never carry or move anything which you cannot handle with ease.
7. Avoid sudden movements. Learn to move more deliberately.
8. Change positions frequently.
9. In mopping, vacuuming, raking, hoeing etc. always work with the tool close to the body. Never use a 'giant'
10. step and a long reach in these activities.
11. Sit down to dress: shoes and socks etc. Don't bend from the waist while trying to balance on one foot.
12. Women should wear low heels.
13. Avoid exercise and activities which arch or strain the low back.
14. When you cough or sneeze, round your back and bend your knees slightly.
15. When making a bed, do so from a kneeling position.

Posture

Stand tall with your chin in and your head directly above your shoulders. Keep your back flat, your pelvis tucked under and knees relaxed. Your upper back should be straight, not slouched, and your shoulders relaxed.

Don't stand with stiff knees, slouched shoulders, uneven hips or sway back. Keep your chin close to your body, and ensure that your weight is evenly distributed on both legs.





Dr. Parth Trivedi
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ભારતનાં એકમાત્ર ડૉક્ટર જે ધરાવે છે Dબલ ડોક્ટરેટ - ડોક્ટરેટ ઇન કાયરોપ્રેક્ટિક યુ.એસ.એ. થી અને ફિજિયોથેરાપીમાં પી.એચ. ડી.

હવે દવા અને સર્જરી વગર પણ તમે અમદાવાદમાં સારવાર

જો તમે નીચેની બધી બાબતોથી પીડાવ છો



કરોડરજ્જુની સમસ્યા



ટીએમજે ઇજાઓ



ઘૂંટણ, કોણી, ખભા ઇજાઓ



પોસ્ટર કરેક્શન



સ્નાયુઓની ઇજાઓ



વેલનેસ કેર



માથાનો દુખાવો



પર્સનાલાઇઝ્ડ રીહેબ પ્લાન

India's only doctor with dual doctorates PhD in Physiotherapy and Doctorate in Chiropractic (USA)

Medicine Free and Surgery Free treatment in Ahmedabad

IF YOU ARE SUFFERING FROM



Spine Problem



TMJ Injuries



Knee, Elbow, Shoulder Injuries



Posture Correction



Soft Tissue Injuries



Wellness Care



Headaches



Personalized Rehab Plan

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ADDRESS

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