

What our patients are saying...

"After a **severe back injury**, Dr. Dallas treated me and now I'm back to work. His treatment methods are far more superior compared to other chiropractors I've been to."
-Tanya



"Dr. Dallas and his staff are professional. His treatment has helped me to continue playing water polo, and he always takes the time to address my concerns. He keeps me aligned for top performance, and is an excellent adjuster."



-Alec (former **MSU collegiate swimmer & water polo player**)

"After I captained the first **MSU soccer team** in 1956, I played competitive soccer until I was in my 60's. In the last 20 years, I visited the Dallas Chiropractic Clinic as a result of **soccer and tennis injuries** because I found Dr. Dallas not only diagnosed the injury, but treated it appropriately. I did visit medical physicians during this time, but I did not get the same satisfaction."



-Ray (first **MSU soccer captain**, 1956)

"I am a **school teacher** that works with special needs children. I am also an avid skier and have had back surgery. I go to the Dallas Clinic and it has helped me very much." -Kathy



Chiropractic is for Everyone!



Virginia is **97 years old** and she still enjoys her regular chiropractic visits with Dr. Dallas, as do her daughter and grand-daughter!

"As a **teacher and football coach**, I spend long hours on my feet. This often led to a sore, aching back,



frequently putting me out of commission. I had been taking pain medication and getting physical therapy for years with little or no positive results. Since I have been a patient at Dallas Chiropractic, Dr. Dallas and his staff have improved my health 100%. The care with which Dr.

Dallas treats people along with their technology, such as electric stimulation and the decompression table, are a wonderful combination. I'd recommend Dr. Dallas to anyone."

-Don (**Waverly football coach**)

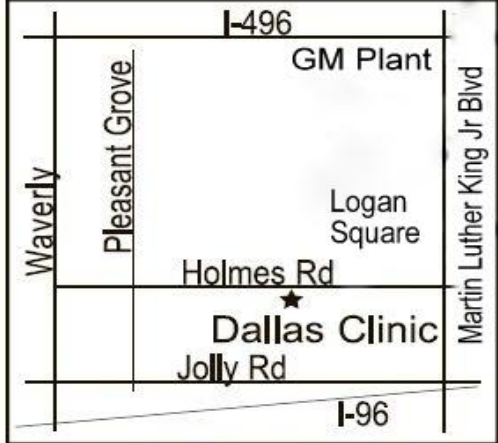
"It has been a blessing to be under the care of Dr.



Dallas for over 8 years. I felt he took the time to get to know me and to listen to my concerns regarding my injuries. After being in a **car accident**, it was painful to walk, exercise, stand, and even sleep.

After a few months of chiropractic care, my neck, hip and back pain decreased substantially. Eventually I was pain free, experiencing more mobility in my spine and enjoying my life again! I strongly recommend Chiropractic care and the services that are offered at Dr. Dallas' office."

-Ivy (Ph. D., **Kinesiology professor** at LCC)



1505 W. Holmes Rd.
Lansing, MI

Office Hours:

Monday	7:45 am	6:00 pm
Tuesday	8:30 am	12:15 pm
Wednesday	7:45 am	6:00 pm
Thursday	2:15 pm	6:00 pm
Friday	7:45 am	5:30 pm

DALLAS CHIROPRACTIC RELIEF, PLC

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Dr. John Dallas

**CERTIFIED CHIROPRACTIC
SPORTS PHYSICIAN**

517-882-0251

Chiropractic



can help

~ Since 1990 ~

www.drjohndallas.com



Welcome to the Dallas Chiropractic Clinic! My name is Dr. John Dallas. The purpose of this pamphlet is to give you the most accurate information about my clinic.

Dr. John L. Dallas...

- Is the **only doctor you will see**, unlike other clinics where you may see a different doctor each time you come in.
- Has been in practice in the **same Lansing location since 1990**.
- Graduated from the **top-ranking** National College of Chiropractic.
- Made the **honor roll** in both undergraduate and chiropractic school.
- Has a 2 year post-doctorate **chiropractic sports physician degree**.
- Has 200 post-doctorate hours in radiology and **takes his own x-rays**.
- Received his first chiropractic adjustment in 1980 after a back injury **playing football**.
- Was diagnosed with **scoliosis** at that time.
- Has performed over **4000** comprehensive chiropractic exams.
- Has performed over **250,000** chiropractic manipulations.
- Has a well-researched conservative protocol with a **high success rate for treatment of disc herniation**.
- Is a certified acupuncturist.
- Has worked on a weekly basis with **young children, pregnant women, and seniors well into their 90's**.
- Treats **each patient as an individual** with unique concerns.
- **Has a wonderful, caring staff**.
- Has a great working relationship with many of the family **medical doctors** and surgeons in the Lansing area.
- Employs 2 in-house **massage therapists**.

What Is Chiropractic?

Chiropractic is a health care discipline which emphasizes the inherent recuperative power of the body to heal itself **without the use of drugs or surgery**. The practice of chiropractic focuses on the relationship between structure (primarily the spine) and function (as coordinated by the nervous system) and how that relationship affects the preservation and restoration of health. In addition, our clinic recognizes the value of and responsibility of working in cooperation with **medical doctors**, when in the best interest of the patient. We advocate a profession that generates, develops, and utilizes the highest level of evidence possible in the provision of effective, prudent, and cost-conscious patient evaluation and care.

The History of Chiropractic

Chiropractic was invented in 1896. It soon grew into a major profession. Today, there are over 60,000 chiropractors in this country. There are two schools of thought in chiropractic; "straights" and "mixers". I fall into the mixers category. **This means that I am mainly concerned with administering the chiropractic adjustment, but also utilizing other therapies** such as hot and cold packs, exercises, stretches, nutrition, traction, ultrasound, and electric muscle stimulation.

You don't have to live in chronic pain!

Chiropractic Can Help These Common Problems...

- **Low back pain**
- **Neck pain**
- Mid-back pain
- Tension headaches
- Migraine headaches
- Arm and wrist pain
- Leg pain
- Shoulder pain
- Knee pain
- **Sciatica, slipped disc, herniated disc**
- Carpal tunnel syndrome
- TMJ
- Digestive disorders
- And many more...

Services We Provide:

- **Chiropractic manipulation**
- Traction*
- Electric muscle stimulation**
- Hot/cold packs
- Flexion distraction (Cox technique)
- Massage therapy
- Exercise protocols
- Nutrition counseling (Standard Process)
- Acupressure
- Ultrasound

***Chiropractic traction** is a widely used treatment for low back pain. By applying force to the spine through body weight, weights, and/or pulleys, I am able to gently stretch the spine and draw apart the vertebrae.

****Electric muscle stimulation** mimics the body's nervous system by sending safe, low frequency electrical pulses to the affected area, causing the muscle to contract, which increases temperature and blood circulation. The same natural process of the body to repair injuries works with electric muscle stimulation to relieve other common nervous system disorders, including headaches, numbness of limbs, and back pain.

If you don't have your hands on people for treatment, you cannot understand how improvement is possible; you have not felt the spine when it is bad, improving, or restored.

What Can I Expect at my Appointment?

The sooner you enter my office from the onset of pain, the quicker your problem can be diagnosed, and the quicker you can begin proper treatment. Each new patient is treated as a unique individual and is given a full, comprehensive evaluation. The time is taken to discuss all of your questions and concerns. Your x-rays are taken and I will go over them with you. We will talk about the appropriate treatment plan for your specific needs, which we will then put into action. You will be given instructions on the correct things to do when you get home, as well as what might make your pain worse. It is common to find that many patients may be doing the wrong activities to manage their pain, for instance, using heat when they should use ice, or sitting instead of standing, etc. When managed properly, your pain gets better much faster. You can expect your first appointment to last about an hour.

Does My Insurance Cover Chiropractic?

We accept **all** of the following major insurances:

- Aetna
- Automobile insurances
- Blue Cross/Blue Shield
- Blue Care Network
- MESSA
- Medicare
- Physician's Health Plan (PHP)
- And many more...