

MORRISON
CHIROPRACTIC, P.A.
Gentle, Effective, Quality Chiropractic Care

For the Health Care Professional

*“Most practitioners of medicine, whether family physicians or surgeons, will wish to refer their patients to a practitioner of manipulative therapy (chiropractor) with whom they can cooperate, whose work they know and whom they can trust.
The physician who makes use of this resource will have many contented patients and avoid many headaches.”*

William H. Kirkaldy-Willis, M.D.; Emeritus Professor, Department of Orthopedic Surgery, University of Saskatchewan College of Medicine in his book *Managing Low Back Pain*, Churchill Livingstone, 1992.

Morrison Chiropractic, P.A.: Providing Effective Conservative Care for the Patient with Musculoskeletal Complaints

Why Choose Morrison Chiropractic, P.A. ?

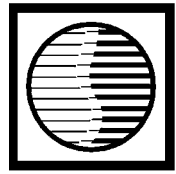
Chiropractic at it's best...

Integrity. We take the utmost care in insuring that your patient is properly selected as a candidate for chiropractic treatment. Patients that have contributory or concomitant medical conditions are co-managed with the primary care physician. If a referral to another specialist is recommended, the primary care physician is informed.

Communication. We strive to keep the referring physician informed as to our findings and the patient's progress.

Training. Dr. Morrison, Dr. Carol Bleam, and Dr. William Bleam III are highly qualified to practice chiropractic in Maryland. Dr. Morrison is one of five chiropractors in the U.S. to have completed a hospital residency in chiropractic family practice. Dr. Carol Bleam interned at the National Naval Hospital in Bethesda, MD. Dr. William Bleam, III served as an intern at Delaware Back Pain and Sports Rehabilitation, a multi-disciplinary practice. All of our doctors are certified in Graston Instrument Assisted Soft Tissue Mobilization.

Teamwork. Our practice supports your practice. We support, not contradict, your recommendations to your patients. We see a wide variety of patients, many of whom do not have Primary Care Physicians. These patients are referred for medical care.



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What Conditions Do We Successfully Treat?

Patients with pain in the back, neck, hip, shoulder, forearm, hands, feet and selected headache sufferers, can all benefit from our goal oriented, functional approach. Chiropractic addresses the biomechanical causes of these problems and provides solutions that include gentle spinal mobilization/manipulation, Soft tissue mobilization with Graston instruments, pain relieving modalities, specific stretching and strengthening prescriptions, mechano- and proprioceptive enhancing therapies for reestablishing balance and coordination, and instruction in ergonomics and activities of daily living.

Patients are becoming increasingly aware of alternative therapies. Chiropractic is the most widely used “alternative/complementary” method. In fact, chiropractic is rapidly approaching main stream status in its level of utilization and inclusion in most insurance and managed care plans.

At Morrison Chiropractic, P.A., we strive to make chiropractic a sensible, effective and cost-effective treatment of choice for both the patient and the referring primary care provider or specialist. Many physicians are unaware of chiropractic’s effectiveness and traditional impressions have made a referral for chiropractic care unlikely. We deliver care in a safe, scientific, patient friendly manner that achieves the best possible results in the shortest period of time. Physicians can take comfort in knowing their patients are receiving effective care that is well tolerated.

How Are Patients Evaluated?

At Morrison Chiropractic, P.A., new patients complete a current health inventory. Information is gathered regarding their chief complaint and past medical history. Patients whose history suggest an underlying disease process or other complaint beyond the musculoskeletal scope are referred for medical evaluation. Patients with low back pain are asked to complete a Revised Oswestry Low Back Pain Questionnaire and a Roland Morris Disability Index. Neck pain patients complete a Neck Disability Index. These tools help us to assess outcomes and modify protocols.

Next a thorough examination is performed. This includes evaluation of range of motion, strength, flexibility, movement patterns. intersegmental joint function, static postural patterns, and balance. Neurologic assessment of the upper and lower extremities and cranial nerves, as indicated is performed.

Standard assessments such as height, weight, and blood pressure are also performed.

Various diagnostic modalities such as X-ray, MRI, CT, bone scan, urinalysis and blood



chemistries are ordered should they be deemed appropriate. All studies are performed at recognized outside facilities. A consultation with an orthopedic surgeon, neurosurgeon, rheumatologist or other specialist may be ordered.

What Type of Treatment is Performed?

Patients who are accepted for treatment generally begin care with passive modalities, depending on their degree of pain. These can include soft tissue mobilization, traction (manual or mechanical), electric muscle stimulation and/or ultrasound. This time period is short in duration, usually for one to three visits. As the patient's symptoms begin to lessen, the focus changes from passive care to active care. Joint mobilization/manipulation, up to Grade V is employed. This improves mobility, relieves pain, restores articular or intersegmental joint function, stimulates joint mechanoreceptors and reduces muscle spasm. Post-isometric relaxation techniques may also be utilized to restore normal resting length to hypertonic muscles. Therapeutic exercise is prescribed to address weaknesses and functional instability in the intrinsic spinal muscles. Incorrect posture is addressed. Faulty movement patterns are corrected. Proprioceptive training is done utilizing Physio-balls, rocker and wobble boards. Finally, patients are trained in self care strategies to prevent relapse and reoccurrence.