

WELCOME

Chiropractic is the diagnosis and conservative management of conditions relating to the neuromusculoskeletal system with the therapeutic application of manipulative therapy.

At Vincere Health Chiropractic we believe in treating both the joint dysfunction and muscle dysfunction by the use of the most modern and advanced therapeutic equipment, modalities and techniques. Our mission statement is to achieve optimal health and well-being in the shortest period of time; whether it is to get you back onto the sporting field or sitting comfortably and pain free at your working space.

We offer a wide variety of therapeutic modalities, and utilize a combination of these if not all to achieve the best possible results. Vincere Health Chiropractic offers orthopaedic and neurological assessment; spinal manipulation/ mobilization; extremity joint manipulation/ mobilization; shockwave therapy; dry needling; myofascial release; protective, preventative and therapeutic strapping techniques, including Kinesio and Dynamic taping; and rehabilitation.

Indications for visiting Vincere Health Chiropractic entail any complaint/ condition relating to the neuromusculoskeletal system. Indication include but are not limited to; sport injury and injury prevention; poor posture or postural related change; headaches; spinal pain (neck, back and low-back pain); nerve compression syndromes; conservative management of intervertebral disc pathology (disc problems) and arthritis (joint problems); myofascial pain syndrome, muscle weakness or strain (pulled muscle); tendinopathy (tendinitis and tendinosis); and joint pain or sprain.

We welcome all and look forward to getting to know you. For additional information on the content of this brochure as well as for case studies of the treatment modalities offered by Vincere Health Chiropractic visit vincerehealthchiropractic.com, or do not hesitate to contract us.

ABOUT SPINAL MANIPULATION

EFFECT ON PAIN: Spinal manipulation may transiently inhibit nociceptive relay neurons in the dorsal horn by recruiting enkephalinergic interneurons via its stimulatory effect on facet joint type I-III A β -fiber afferent which has shared innervation with the homonymous wide dynamic range neurons (gate theory of pain). Spinal manipulation may reduce central sensitization caused by the sensitization of mechano-insensitive nociceptors within the facet joint capsular tissue and synovium; by mechanically reducing the subthreshold stimuli induced by the presence of a chiropractic subluxation; and over time by achieving habituation to sensitized mechanoreceptors and nociceptors in the facet joint capsular tissue and synovium via causing depolarization of them (desensitize facilitated A δ - and / or C-fiber pathways), with subsequent reduction of the clinical manifestations of peripheral and central sensitization. Spinal manipulation can reduce neck and back pain in the acute and chronic setting. Any individual suffering from acute or chronic pain relating to the spine, from the hard labourer to working behind a desk, can benefit significantly from Vincere Health Chiropractic care. tremendously from Vincere Health Chiropractic care.

CHIROPRACTIC SPINAL MANIPULATION is a safe, gentle and specific high-velocity low-amplitude thrust delivered at the end range of motion of the facet joints in the spine, in the direction of the orientation of the facet joint articulation, and is oftener accompanied with an audible cracking sound.

CHIROPRACTIC SUBLUXATION is alterations in the normal anatomical, physiological and / or biomechanical dynamics of a vertebral segment, with tension, pressure, stretching or irritation of the facet joint capsular tissue, caused by, such as repetitive postural strain or trauma to the spine.

BIOMECHANICAL EFFECT: Spinal manipulation may improve the vertebral biomechanics mechanically by momentarily gapping the facet joints and in doing so, break up intra-articular adhesions, release trapped meniscoids, and / or reduce distortion of the annulus fibrosis of the intervertebral disc. Also, the mechanical effect of spinal manipulation has been shown to produce sufficient energy to restore alterations in the biomechanical dynamics of a chiropractic subluxated vertebral segment to a lower energy level and thereby reduce the additional mechanical stress or overload on the static and dynamic stabilizers of the vertebral segment. Spinal manipulation may increase movement of the spine and provide additional strength. Any individual subjected to immobilization, such as due to from sitting for prolonged hours in front of a desk, caused by an injury, or by the lack of physical activity; will benefit from Vincere Health Chiropractic care tremendously. Any form of immobilization is extremely detrimental to the body's joints, ligaments and muscles, and should always be prevented if possible.

EFFECT ON MUSCLE: Spinal manipulation may reduce arthrogenic muscle inhibition through habituation (neuroplasticity) over time by desensitizing altered arthokinetic reflex arcs (facilitated joint lb inhibitory pathways) present which has shared innervation with the homonymous motor neuron pool(s) with subsequent improved

α -motor neuron functioning via its stimulatory effect on type I-III nerve endings in the facet joint capsular tissue; as well as in the immediate setting via mechanically reducing the chiropractic subluxated vertebral segment present which induced the altered arthrokinetic reflex arcs. Spinal manipulation may reduce muscle weakness and cause an increase in muscle strength. The utilization of spinal manipulation as part of any therapeutic/ treatment regimen, offered by Vincere Health Chiropractic, can be extremely beneficiary to any athlete or the active individual.

EXTRACORPOREAL SHOCK WAVE THERAPY (ESWT)

is considered to be the leading evidence based multidisciplinary tool in the conservative management of subacute and chronic conditions relating to the musculoskeletal system. Indications for ESWT include but are not limited to; calcific tendonitis; recalcitrant (treatment resistant) tendinopathies; shoulder impingement syndrome; frozen shoulder; jumper's knee (patellar tendonitis); chronic Achilles tendonitis; heel spur; chronic plantar fasciitis; tennis elbow (lateral epicondylitis); insertional tendinopathy (such as of the hamstring); myofascial trigger points; medial tibial stress syndrome (shin splints); and osteoarthritis. Studies have affirmed that ESWT may reduce the recovering rate of an injury relating to the musculoskeletal system by more than half-fold, and its utilization particularly with joint manipulation/ mobilization, strapping, and rehabilitation, offered by Vincere Health Chiropractic; will benefit any athlete or the active individual tremendously.



EFFECT ON TENDON-BONE INTERFACE: ESWT has been shown to stimulate the early release of vessel endothelial growth factor, endothelial nitric oxide synthase, proliferating cell nuclear antigen, bone morphological protein and antibody against von Willebrand factor expressions in the tendon-bone interface and in tendon graft, with subsequent ingrowth of neo-vessels (angiogenesis) and reduce tendon/ graft repair healing time. Shock wave therapy can significantly promote healing of torn tendons and post-operative tendon repairs.

EFFECT ON TIGHT AND SORE MUSCLES: Studies have provided the clinical evidence that ESWT has a significant beneficial effect on myofascial pain syndrome. The high acoustic energy delivered by the ESWT may “unblock” the calcium pump and thereby reverse the “metabolic crisis” in the myofilaments and release the trigger points. Trigger points are tight, tender and painful palpable spots in muscles, and are the major cause of muscle pain and a major contributor to headaches and joint pain. Shock wave therapy can cause tight muscles to relax and significantly reduce muscle and joint pain.

ABOUT SHOCKWAVE THERAPY

The physical shockwave impulses delivered by the ESWT raise the mechanotransduction in the respective musculoskeletal tissues, and convert the acoustic waves into biological signals which lead to a cascade of biological responses in the tendon, bone, and tendon-bone interface tissue.

EFFECT ON TENDON: ESWT has been shown to stimulate the early release of vessel endothelial growth factor, endothelial nitric oxide synthase and proliferating cell nuclear antigen expressions in tendon tissue with subsequent ingrowth of neo-vessels (angiogenesis); stimulates tendon repair and growth; and significantly reduces tendon healing time. Shock wave therapy causes new small blood vessels to form in injured tissue to improve blood supply and can significantly promote healing of the injured tendon (and bone), as well as strengthen the tendon. In addition, ESWT has been found to cause the dissolution of calcified fibroblasts in tendon tissue. Shock wave therapy breaks down calcium build-up in injured tendons which is often the result of micro-tears or other trauma, and can significantly reduce joint and muscle pain particularly in the chronic setting.

EFFECT ON BONE: ESWT has been shown to stimulate the early release of vessel endothelial growth factor, endothelial nitric oxide synthase, proliferating cell nuclear antigen, bone morphological protein, and antibody against von Willebrand factor expressions in bone tissue with subsequent ingrowth of neo-vessels (angiogenesis); stimulates cortical bone repair and growth and reduces fibrous tissue and comparable woven bone; and significantly reduces fracture healing time. Shock wave therapy can significantly promote healing of a broken bone, decrease the formation of scar tissue, and increase bone strength.

EFFECT ON PAIN: ESWT decreases chemokine and cytokine expressions, particularly reduces substance P concentration, as well as increase mast cell activity. In addition, ESWT inhibit nociceptive relay neurons in the dorsal horn by stimulating the A β -fiber afferents of mechanoreceptors in the respective tissue. Shock wave therapy can significantly reduce pain in the acute and chronic setting, reduce chronic inflammation, and restore the normal healing and regenerative processes.

FEE'S AND ADDITIONAL INFORMATION

We accept cash or card on the day of your consultation. You may claim back from your Medical Aid. For the year of 2016:

An initial consultation is R490 and takes about 30 minutes depending on the complaint at hand. The initial consultation entails a thorough case history; initial diagnostic screening; the respective orthopaedic and neurological assessment(s); and treatment.

A follow-up consultation is R390 and takes about 20 minutes depending on the complaint at hand. The follow-up consultation entails re-evaluation and treatment. It is important to note, that the treatment of the initial and follow-up consultation fees includes all therapeutic modalities offered by Vincere Health Chiropractic, including shock wave therapy.

OPERATING HOURS: Mon – Fri 09:00 – 13:00, 14:00 – 17:30

LOCATION

Vincere Health Chiropractic is located in office 605, Tygervalley Health Care Centre (in the same premises of Intercare Medical and Dental Centre), 43 Old Oak Road, Bellville, 7530, directly across and walking distance to Tygervalley Shopping Centre.



Opening October 2016

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