

## Not all Chiropractors are the Same

Each employs techniques (or treatments) that he has learned and chosen to utilize in his practice. While attending Palmer College of Chiropractic, Dr. Jenkins studied as many techniques as possible with a special emphasis on the Atlas Orthogonal Technique and other low force adjusting techniques. He has continued to study and learn since graduating college and opening his private practice.

To follow is a list of various treatment options available at Jenkins Chiropractic:

**Atlas Orthogonal Technique (A.O.)** Dr. Jenkins is the only Doctor in the Sacramento Valley to offer A.O. He is board certified as an instructor of this technique. Click here to learn more about Atlas Orthogonal Technique (link to the page in my site based on the brochure I gave you on that disc). Visit the official Atlas Orthogonal Website <http://www.atlasorthogonality.com>

**Sacral Occipital Technique (S.O.T.)** This is sometimes called craniosacral therapy, however the S.O.T. work was further developed and specialized by its founder Dr. Major B. DeJarnette. SOT is a method of normalizing the relationship between the foundation of the spine (sacrum) and the top of the spine (occiput or base of the head). Visit the official SOT website <http://www.sorsi.com>

**Activator Methods Chiropractic Technique** uses the **Activator Adjusting Instrument** to give consistent low-force, high-speed chiropractic adjustments. Over 31,000 doctors have been trained in Activator Methods, making it the most widely used technique worldwide. Visit the official Activator Methods website. <http://activator.com>

**Palmer Technique** Dr. D. D. Palmer was the founder of chiropractic. With his son, Dr. B.J. Palmer -- often referred to as the developer of chiropractic for his life long research in the field -- started the first chiropractic college in the world, Palmer School of Chiropractic later to be called Palmer College of Chiropractic. Palmer College, the fountainhead of chiropractic, continues to lead the profession in excellence. Visit the official PCC website <http://www.palmer.edu>

**Cox Flexion-Distraction** has been shown to be very effective in treating low back pain, including lumbar disc bulges and herniations. It is a gentle, non-force adjusting procedure which works with the body's natural design to aid it in healing properly. Visit the official Cox Technique website <http://www.coxtechnic.com>

**Anodyne Monochromatic Near Infrared Therapy** Once again Dr. Jenkins is the only doctor in the Sacramento Valley to offer this innovative therapy. Anodyne Therapy reduces pain and speeds healing of musculoskeletal and neuromuscular injuries and chronic conditions such as bursitis, arthritis, tendonitis, fractures, and neuropathic pain. This therapy has been used by doctors of various disciplines and is even used by multiple players of the Denver Broncos to help speed their recovery time from injuries. Visit the official Anodyne website <http://www.medassistgp.com/anodyhm1.html>