

## A Comprehensive Approach to Chiropractic Care and the Effective Treatment of Pain associated with...

Sciatic Syndrome

Pre-Operative or Post-Operative Disc Surgery

Low Back, Hip, Shoulder or Neck Problems

Migraine, Tension or Sinus Headaches

TMJ Syndrome

Chronic Fatigue

Fibromyalgia

Traumatic Accidents

Arthritic Changes

Scoliosis

Dr. Errico's comprehensive approach to chiropractic care is different from most: the patient, and not simply the diagnosis, is the primary focus. Such an approach may require a little more time but is necessary, especially in this fast-paced world. This patient-centered approach includes listening and understanding the dynamics of the patient's particular problem. Assessment from a biomechanical, biochemical and/or emotional perspective is paramount to proper diagnosis and treatment, as each individual is unique.

Dr. Errico welcomes questions and pro-active participation on the part of the patient. When necessary, he will recommend that other health care professionals be considered in joining the treatment team, thus expanding the scope of care and rendering treatment more effective. This complementary philosophy of patient care ensures all aspects of the patient's problems will be addressed.

On your initial visit a thorough history, physical, orthopedic and neurological evaluation is performed, permitting Dr. Errico to rule out underlying pathologies which may be treated best through other disciplines. Where chiropractic care is indicated, Dr. Errico will take the time to discuss and answer questions regarding the various treatment options, or protocols, that will be most effective. These protocols will take into account the individuality of the patient and his or her particular situation. Depending upon the condition, treatment might include one or a combination of the following elements:

### - Gentle Chiropractic Care -

**Flexion/Distracton Technique** - A specialized technique addressing pain associated with sciatic syndrome, pre-operative or post-operative disc surgery and scoliotic conditions

**Diversified Chiropractic Adjustments** - Traditional gentle manipulation with attention directed to your comfort level

**Activator Methods Technique** - An effective, non-osseous adjustive technique for those patients who do not wish to be adjusted in the traditional style

**Physiotherapy** - Interferential or ultrasound therapy addressing the sensation of severe pain associated with sciatic syndrome or trauma

**Extensive Muscle Therapy** - To increase flexibility and range of motion of affected areas utilizing gentle stretching techniques and effective exercises

**Hot and/or Cold Pack Therapy** - To alleviate the aches and pains of chronic conditions or swelling associated with trauma or acute conditions

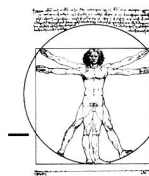
**Trigger Point Therapy** - Addressing trigger points in particular and myofascial release in general increasing muscle tone and restoring function

### - Clinical Nutritional Counseling -

At times, diet may be a contributing or a precipitating factor in producing symptoms. When warranted, this aspect of the patient's healthcare will be addressed. Whether nutritional counseling is indicated in conjunction with a particular biomechanical problem such as low back pain or separately at the patient's request to achieve a desired result such as a modification of lifestyle; the types of food, necessary supplements, eating habits, and special diets will be considered.

### - Clinical Hypnotherapy -

Often underestimated and overlooked may be an emotional component of biomechanical problems. Being unique individuals, we all react differently to the same stimuli. These stimuli may be as obvious as dealing with daily stressors or as subtle as a subconscious memory of a traumatic event. For the patient with sciatic/disc syndrome, there is a real fear of the pain associated with a severe muscle spasm. Hypnotherapy may be indicated in helping reduce stress levels and alleviating these fears. Issues such as smoking cessation, or simply for curtailing an unwanted behavior, may be addressed separately.



JEROME F. ERRICO, D.C.

— Board Certified Chiropractic Physician —

Dr. Errico is able to tailor a specific treatment protocol that is uniquely effective within a minimum number of visits by applying this comprehensive treatment approach. Patient education is concurrently employed to hasten resolution of old problems and prevent new problems in the future.

Call to make an appointment for a complimentary consultation with Dr. Errico.

(413) 637- 8025

Office Hours:

Monday through Thursday

9:00 a.m. to 6:00 p.m.

Other Hours Available By Appointment

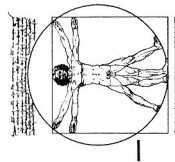
301 Walker Street

Lenox, Mass. 01240

- Licensure and Certifications -

- Doctor of Chiropractic, New York Chiropractic College
- Ms. Human Nutrition, University of Bridgeport
- B.S. Biology, University of North Carolina at Chapel Hill
- Cox Flexion Distraction Technique Certification
- Nimmo Receptor Tonus Technique Certification
- Activator Methods Technique Certification
- Advanced Clinical Hypnotherapy Certification
- National Board of Chiropractic Examiners  
Parts I, II, III, IV, Physiotherapy
- Massachusetts State Board of Chiropractic Examiners
- New York State Board of Chiropractic Examiners
- Member American Chiropractic Association
- Member Massachusetts Chiropractic Society
- Member New York State Chiropractic Association
- American Heart Association CPR Certification
- American Red Cross CPR Certification
- American Red Cross First Aid Certification
- American Red Cross Protect Your Back Instructor Certification

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