

# Corrective Care: The Ultimate Guide to Living Pain-Free AZ Spine Disc & Sport

Dr. Eric Breure

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## Introduction

AZ Spine Disc & Sport is a premier provider that offers a variety of treatment modalities. The purpose of this book is to tell you about some of the procedures we use to help patients.

It is intended to be an overview that shares the science behind what we do as a practice and to answer some of the questions you might have. We hope that this will help you in understanding your treatment options.

We customize our procedures to fit your needs and goals. We invite you to ask our doctors or staff any questions or discuss any concerns.

## How Did You Get Here?

Sometimes our patients have an accident and come to us with acute pain. They know an injury caused their pain, and we have several options to help them.

However, many clients come to us with chronic conditions, and while they have been suffering for a while, it is not clear what caused their symptoms. Some patients felt like they were fine, but then they reached wrong to pick up something, and that was the straw that broke the camel's back.

Your pain may be due to a trauma, such as an automobile crash, a fall, or a

sports injury. Or your symptoms might be postural due to bad ergonomics or poor habits.

Maybe you have chronic pain, or some small bend or turn caused a flare-up, and you wonder why this is happening. It is not satisfying to hear “life happens,” but that might be the most accurate answer.

Our number one complaint is back pain, but we can help clients with a variety of ailments, including:

### **Head and Back Conditions**

Neck Pain

Back Pain

Sciatica

Herniated Discs, Degenerative Discs, Disc Bulges

Spine Arthritis, Spinal Stenosis,

Muscle Pain, Muscle Spasm, Whiplash

Headaches, TMJ Disorder Rib Pain

Scoliosis

### **Shoulder Conditions**

Rotator Cuff Injuries

Shoulder Arthritis

Biceps Injuries

### **Elbow Conditions**

Golfers/Tennis Elbow

Elbow Arthritis

Ulnar Nerve Injuries

Leg, Foot and Ankle Conditions

Achilles Tendon Injuries

Plantar Fasciitis

Tendonitis

Muscle Strains  
Ligamentous Injuries and Sprained Ankles  
Foot and Ankle Arthritis

### **Hand and Wrist Conditions**

Carpal Tunnel Syndrome  
Muscle Tendinitis  
Trigger Finger  
Finger Arthritis

### **Hip Conditions**

Hip Joint Arthritis  
Trochanteric Bursitis  
Iliotibial Band (ITB) Syndrome  
Hamstring Injuries

### **Knee Conditions**

Knee Joint Arthritis  
Knee Tendinitis  
Muscle Strains  
Knee Ligament Injuries  
Knee Cap Pain

### **Nerve Conditions**

Peripheral Neuropathy  
Most conditions resulting in numbness, tingling in the arms or legs

This is just a basic list of some of the conditions that we can correct or improve through our care.

Most children fall over 2000 times before they are five years old. The average 30-year-old has over 10,000 small accidents (micro-traumas) and at least one car accident. Your spine and musculature may be damaged or

just no longer in the right place anymore.

As you age, muscular imbalances, the ergonomics of your daily life, your posture, and the pull of gravity and other cumulative effects take their toll. You can not fight physics by yourself forever.

Many people work long hours behind their computers and on their devices. It should be no surprise that each year millions of Americans turn to chiropractors, medical doctors, physical therapists, massage therapists, and acupuncturists to help alleviate their nagging neck and back problems.

Your neck does the equivalent work of balancing a bowling ball on the tips of your fingers. Your neck and shoulders work hard, and the smallest deviation of your cervical spine can cause problems.

Discomfort can radiate upward, leading to headaches, or downward, resulting in pain and numbness in the shoulders, back, and arms.

Those seeking medical intervention, massage therapy, or acupuncture as the complete means to eliminate their pain will probably only achieve temporary relief, leaving the root cause of the problem unaddressed. While we do offer some of these services and will discuss them later in this e-book, they are often not a complete solution.

At AZ Spine Disc & Sport, we look at the biomechanical systems in your body to determine the root cause of your pain. Then we work to fix the problems and help you restore your ligaments and structure to a healthy model.

Schedule a consultation to discuss your pain, conditions, and treatment possibilities.

## What Are Your Options

You may have tried other doctors, chiropractors, or semi-professionals and have dealt with pain for a long time. Some sufferers say they try to work or run it off. But you are here now reading this e-book, in the hope of some

help.

You can continue to deal with the pain, you can try to cover it up with temporary bandaids like medication or massage, or you can let AZ Spine Disc & Sport help you fix the root cause of your problems.

As we mentioned in the previous section, the underlying issue is generally a biomechanical problem that can be mediated or even wholly fixed. The first step is to schedule an evaluation with us, and we will discuss your pain, do an assessment, and give you some options.

## What You Can Do at Home

We highly recommend you contact us for a consultation to diagnose the cause of your pain. We have several therapeutic options that can help with the root cause of your symptoms.

Pain relievers are just a band-aid to help you through your pain, but you run the risk of additional damage, dependence, and side effects. There are some things that we may recommend in addition to therapeutic care.

We use advanced diagnostic tools such as x-rays, computerized posture analysis, and a digital foot analysis to determine your current condition. We also ask about your work, home, and leisure activities to assess any ergonomics or routine changes that may help.

For instance, most patients know how to lift heavy objects using their knees. But they may not know the most effective way to pick up light objects, turn or even properly walk for the best posture and spinal muscular impact. The average person walks 7000 steps a day. Doing those steps correctly can help improve your life!

Patients may also find that adjusting the ergonomics of their home and work environment can make a huge difference in their comfort and wellness. Even getting up for five minutes every hour of work can make a substantial positive difference. Some people also enjoy stand-up desks more than sitting!

As part of your journey with AZ Spine Disc & Sport, we will help you with learning about the best habits, movement patterns, and awareness that you can have. Exercise also plays a role in keeping you healthy and your musculature well-toned to minimize getting hurt and maximize recovery from acute and chronic injuries. We want to help you achieve and optimize your wellness for long-term health and comfort.

## Sports and Physical Medicine

Sports medicine is a branch of medicine that deals with the treatment and prevention of injuries related to sports and exercise. Our office has many clients that range from weekend warriors to professional athletes.

Common injuries involve the shoulders, knees, hips, ankles, elbows, and hands. Many times, we have no idea why our shoulders or knees begin to cause pain, limiting our function. The providers at AZ Spine Disc & Sport are ready to diagnose and treat these conditions and get you back in the game.

Spinal medicine addresses neck, mid-back, and low back health. Although most Americans experience back or neck pain, many of these cases resolve without medical intervention.

However, for those conditions that do not seem to go away, the providers at AZ Spine Disc & Sport are ready to help. We can determine the source of your symptoms as well as guide the treatment of these conditions.



## Chiropractic Care and the ChiroFystio Method™

At AZ Spine Disc & Sport, chiropractic care is more than just an adjustment! Our chiropractors begin each initial visit with a thorough examination and diagnosis of the source of your pain.

We create your individualized treatment plan to relieve your pain and also strengthen and support the areas of injury and weakness to reduce the risk of future complications. We use a variety of modalities, therapies, and techniques to treat both soft tissue and joint pain and a variety of spinal and extremity complaints.

One of the chiropractic techniques we use is The ChiroFystio Method™, which was developed by our clinic owner, Dr. Eric Breure. He was inspired to create a method that improved conventional treatment when he noticed that traditional care did not solve the patient's long term musculoskeletal complaints.

The ChiroFystio Method™ is a measured, results-oriented corrective chiropractic technique. It realigns the spine back to health while restoring vital nerve energy to the limbs and organs. Patients under restorative care report a sense of revitalization, energy & wellness.

If you are suffering from long term low back pain, neck pain, radiating pain, scoliosis, or poor posture, the ChiroFystio Method™ is for you. You will see results that will not only get you out of pain but will get you back to



doing the things that you love in this life.

Spinal misalignment as a result of bad posture, accidents, injuries, or even birth trauma put unnecessary, excessive, and often dangerous pressure on the delicate nerves flowing out of the spine. Without proper realignment of the spine, the same nerve interference responsible for back or neck pain will also cause vital organs to dysfunction and go into a state of disease.

That is why most people with back and neck problems, report having other health conditions such as fatigue, headaches, migraines, allergies, indigestion/GERD, asthma, trouble sleeping, and immune system weakness.

Realigning the spine eliminates harmful nerve pressure and restores normal nerve flow, which allows your brain to effectively control your body. This promotes healing and optimal organ function, leading to improved overall health.

### **PHASE 1: PAIN RELIEF**

The first objective will be to reduce your pain. The kinds of treatments and the duration of treatment to reduce your pain will be determined entirely based on your symptoms and condition. Not all patients get the same procedure. All patients are treated individually without set protocols. The treatment provided to patient A is not always appropriate for patient B. The amount of time any given patient remains in Phase 1 is based on how quickly they respond to therapy.

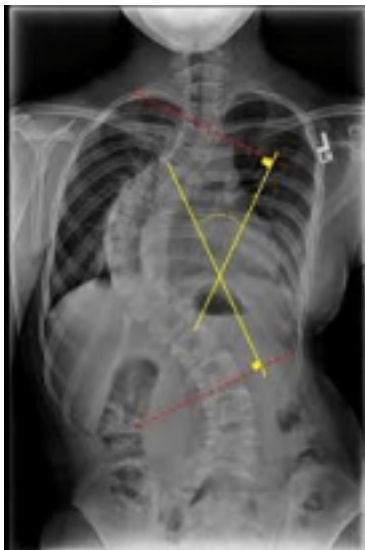
### **PHASE 2: CORRECTIVE/STRENGTHENING**

Once the pain has improved, then the underlying strength deficits and alignment issues that produced the original condition are addressed. The goal of correcting these issues will help to prevent pain/symptoms from returning. You will get back to your normal function and activities. We will teach you exercises and stretches to incorporate into your routine.

### **PHASE 3: WELLNESS CARE**

You will continue the strengthening exercises you started during Phase 2. Most, if not all, functionality is restored, and any pain is manageable. You are free to engage in whatever activities you like. If you have a flare-up of your symptoms during this phase of treatment, we will be more than happy to assist you in recovering.

Our providers strive to assure quality care to all patients. From growing children to active seniors, our doctors work to guide each patient in their return to pain-free healthy living once again!





## Personal Training/Corrective Exercise

Personal Training at AZ Spine Disc & Sport is designed to help take your fitness to the next level. Our degreed and certified trainers have experience in multiple facets of program design to help both the weekend warrior and the Olympic athlete.

Our trainers create and implement a tailored plan designed for you and your desired goals and needs. Programs range from weight loss to performance training.

We get you your desired results in a safe and timely manner. AZSDS trainers also collaborate with our medical staff on your rehabilitative path to ensure continual growth and expedited progress. Whether you are looking to lose a few pounds, beat the competition, or embarking on a new lifestyle, we are here to guide you on your journey



## Biologics and Regenerative Medicine

AZ Spine Disc & Sport is pleased to be able to offer stem cell therapy that has remarkable healing and restorative benefits. Our minimally invasive outpatient procedures have amazing results.

We use Surgenex products that consist of the highest quality allograft tissues that are produced using advanced procedures. They exceed regulatory safety standards and are a national leader in stem cell solutions.

As with all of our procedures, we first discuss your symptoms, goals, and complete a full evaluation to help decide if stem cells are the best option for you. If you have issues in your neck, back, hips, shoulders, ankles, or other areas, then stem cell therapy may be your solution.

Those suffering from chronic pain know how debilitating it can be. Stem cells can help with patients suffering osteoarthritis, reduced cartilage, ligament issues, and other degenerative conditions.

Conventional treatment might involve expensive and intrusive surgeries that require months of extensive rehabilitation before your body can regain mobility, strength, and pain reduction. But with stem cell therapy, you will not have to deal with the potential risks associated with invasive surgery and anesthesia, which can include infection, blood clots, bleeding, nerve injury, stroke, or death.

Stem cell therapy can help minimize pain, restore function, and reduce the risk of future debilitating changes. Through the use of stem cell injections, you may be able to restore your body to pain-free and natural motion. This also protects against future injury.

We specialize in regenerative medicine and will help you decide if a stem cell procedure is right for you.

## Nutritional Program Based on Science

We all have different physiological makeups and do not respond the same way to food and exercise. *Psychology Today*, *Independent* and *CBS News* have all recently reported that researchers have determined that there is no specific optimal diet for everyone.

Using data-driven methodologies can provide greater insight into your health to determine your **Nutrition IQ** and help optimize your wellness and vitality. Your personalized report will include detailed information about:

- Diet and eating behaviors,
- Food Reactions,
- Nutrients,
- Exercise and Fitness,
- Diet and Eating Behaviors, and more!

We will help you interpret the report and create a nutrition, exercise, and wellness plan that works in concert with our other methodologies.

## Proven and Measurable Results

Our patients feel better after treatment. Many become pain-free after just a few visits, even while they still have musculature or skeletal issues. Our goal is to help you feel better and ensure your long term wellness and good health.

AZSDS is committed to helping patients maintain their vitality and dignity throughout their lives, so they can age gracefully and enjoy their golden years.

As we mentioned at the beginning of this book, pain and symptoms are caused by biomechanical issues that are the root cause of problems. Regardless of which combination of modalities we use to help you, we perform quantitative tests to determine your measured results, including:

- Computerized posture analysis,
- Foot scans, and
- Functional movement assessments.
- Results from our comprehensive exams and re-exams.

We show you demonstrable proof of your improvements and hold ourselves accountable for achieving your wellness. We fix and retrain your skeletal system and help you rehabilitate your soft tissue to keep you well permanently.

We do not just patch you up. AZ Spine Disc & Sport believes in your long-term wellness and wants you to have the best quality of life.

## Our Process

Call us at (480) 759-1668 or visit our website at [azspinediscandsport.com](http://azspinediscandsport.com) to learn more about us or to schedule an appointment. We are looking forward to talking to you and learning how we may help you feel your best, be pain-free, and meet your wellness goals!

## Getting Started

The first step to becoming a new patient in our office will be to provide us with some valuable information about yourself. There is a new patient form for you to fill out before your first visit. In this form, you will tell us about your symptoms, past treatments, and overall medical health. This information is vital for us to diagnose your condition and develop an appropriate treatment plan.

The forms are available on our website at

<https://www.azspinediscandsport.com/patient-forms>

If you are unable to download these files before your visit, we ask that you arrive about 20-30 minutes early to allow enough time to fill out this paperwork. Our front office will also gather any other necessary information and make copies of your insurance card and driver's license.

At your first appointment, you will have ample time to discuss your condition and concerns with the physician. The doctor will then perform a thorough examination to help diagnose your condition. You may require x-rays, which can be performed on the same day in the office. The doctor will also review all available imaging that you have had previously. It is essential that if you have had X-rays, MRIs or CTs at other locations in the past, that you bring that information with you to the appointment (CDs, reports, etc.).

On your next visit, we'll review the results of your initial evaluation and create a personalized treatment plan that may include medication, therapy, imaging, injections, or a return-to-sport protocol for athletes. We'll take the time to answer any questions you may have and ensure you understand your condition and the proposed treatment plan.

## Medicare, Billing, and Insurance

AZ Spine Disc & Sport believes in the value of specialist care for you and your family. We have created a pricing structure flexible enough to allow you to get the care you need, no matter what your budget. Our office participates in many insurance programs and can answer any questions about whether you can use your insurance to pay for your care.

We also accept auto accident and workers compensation cases that result in symptoms that can be addressed with specialist care. For patients who have little or no insurance coverage, we can arrange flexible payment programs.

We accept many health insurance plans, including Medicare. Because there are so many insurance plans out there, and because coverage for specialist care varies widely, our staff would be happy to verify your benefits and explain them to you at no charge.

We accept auto accident, workers compensation, personal injury cases that have resulted in back pain, neck pain, headaches, or other related pain conditions.

## About Us

AZ Spine Disc & Sport medical group offers physical medicine along with chiropractic, sports medicine, pain management, and other wellness services. The office serves Phoenix, Chandler, Tempe, Ahwatukee, and the Greater Phoenix Arizona area. The specialists and staff at AZ Spine Disc & Sport are committed to providing solutions to address your unique pain-needs.

We also provide care for pain resulting from motor vehicle accidents, personal injury, and work-related injury (workman's compensation). Even if you are just looking to improve your overall health, our team can help you attain your everyday wellness goals!

### Dr. Eric Breure, DC



With more people working long hours at their computers, it is no surprise



that each year millions of Americans turn to their chiropractors, medical doctors, massage therapists, and acupuncturists to help alleviate nagging neck and back problems.

Some receive treatment that offers only temporary relief, such as massage or acupuncture, while others will suffer the pain of spinal misalignment, often with dangerous pressure on the nerves. Without proper realignment of the spine, the same nerve interference responsible for back or neck pain will also cause vital organs to dysfunction and go into a state of disease.

Correcting spinal misalignments eliminates excessive and dangerous pressure on the nerves, and restores vital nerve flow to the limbs and organs - promoting healing and proper function of the organs. Dr. Eric Breure's treatments use a measurable, results-oriented corrective chiropractic technique. Patients under corrective care report not only an end to their pain and discomfort but, more importantly, a sense of revitalization, energy, and wellness.

Dr. Breure was born and raised in Vancouver, B.C., Canada, and attended Palmer College of Chiropractic. While practicing in Amsterdam, Netherlands, he developed and trademarked the ChiroFysio Method™, a corrective care technique and protocols used in the measured correction of patient's conditions.

While in Europe, Dr. Breure worked with many athletes, including Dutch Olympians, professional soccer players, professional tennis players, and golfers, as well as MMA fighters and various other athletes and their disciplines.

He treats all his patients like athletes to ensure the most optimal results possible, no matter their age or physical condition.

Dr. Breure's primary goal is to cultivate every individual's optimum performance so that they will have the tools to set themselves up for the highest quality of life possible, now and into the future.

## Contact Us

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