

Encinitas Chiropractor Now Offers PL-Touch Low Level Laser Therapy

August 30, 2018

August 30, 2018 - PRESSADVANTAGE -

K2 Health Center, a chiropractic clinic in Encinitas, CA, is proud to announce that they now provide PL-Touch low level laser therapy or cold laser therapy. Low level laser therapy is a new FDA approved treatment for chronic neck pain, shoulder pain, post-operative pain, and heel pain related to plantar fasciitis. Low level laser therapy or cold laser therapy has been scientifically proven to reduce pain and inflammation and to speed up the healing process and at the same time strengthen damaged tissue.

The chiropractors for K2 Health Center are Dr. Steven P.A. Keener and Dr. John B. Kupper. Dr. Kupper himself says, "We are happy to announce that we have obtained a PL-Touch handheld low level laser treatment device. This will go a long way in alleviating the pain that many people suffer from. This device is an important addition to our equipment because it is safe, FDA approved, and has no side effects."

According to Drs. Kupper and Keener, low level laser therapy (LLLT) is an alternative method of natural treatment where the injured part of the body is subjected to four laser diodes of low intensity. This serves to stimulate the mitochondria of the cells and this will effectively improve the healing process. Patients have stated that they like LLLT because of the quick initiation of healing, with the result that there is immediate

reduction in the levels of pain including upper back pain and middle back pain. There is also a reduction in inflammation and there are no known side effects.

The Encinitas chiropractor services offered by K2 Health Center include low level laser therapy, upper cervical chiropractic services, sports & therapeutic massage therapy, post-concussion therapy, TMJ pain treatment, and surgery avoidance consultation.

According to Drs. Kupper and Keener, the goal of K2 Health Center is to make the people in the local communities of Encinitas, Carlsbad, Leucadia, Solana Beach, Cardiff, Del Mar, and the surrounding areas happy and healthy. They are doing their best to offer the most advanced chiropractic, low level laser therapy, massage, exercise therapy, nutrition, and diagnostic services. They also treat people of all ages, from children to the elderly. They point out that many patients have responded well to the treatments, especially those who have been suffering from headaches, neck pain, low back pain, migraine, neuropathy, temporomandibular joint (TMJ) pain, shoulder pain, knee pain, gastrointestinal disorders, fatigue, fibromyalgia, and many others.

K2 Health Center has received several positive reviews on their Facebook page. For instance, Sally M. says, "Great treatment and care. I am walking pain free and loving every moment of it. I recovered from sciatica ahead of schedule. I am so amazed. Thank you." Ben J. says, "These guys are great. Go see Dr John or Steve. They are both solid chiropractors."

Aside from LLLT, another focus of K2 Health Center is the upper cervical chiropractic, which is useful for the treatment of neck pain and headaches. For this, their approach is objective and accurate. They start with a non-invasive postural exam, followed by a muscular/neurological exam. Drs. Kupper and Keener will then determine if there is a misalignment of the upper cervical spine that is causing the pain. For accuracy, they take highly specific 3-dimensional x-rays of the upper cervical area or neck area, then measure the misalignment down to the 1/100th of a degree. A computer analysis of the 3D x-rays is used for accurate assessment.

The information that is obtained from the x-rays are then mathematically calibrated into the Atlas Orthogonal instrument. Here, no guesswork is allowed. Precise calculations are made and personalized for every patient. In correcting the alignment, they make use of a gentle approach. It has been observed that the more gentle the adjustment, the better would be the results. The goal is to lightly influence the spine so that it will realign. Brute force is avoided because misalignment of the vertebra are usually just measured in millimeters. Thus, too much force can cause an over correction.

Dr. Keener studied at Arizona State University and then enrolled at Life Chiropractic College West. He graduated with clinical honors and was valedictorian. He is currently taking his masters in neuroscience and

becoming board certified in functional neurology and neuro-behavioral disorders of childhood. Dr. Kupper obtained a degree in exercise science from Brigham Young University and then obtained his Doctor of Chiropractic degree from Life Chiropractic College West. He is also currently taking his masters in neuroscience and becoming board certified in functional neurology and neuro-behavioral disorders of childhood.

Those interested in booking an appointment can visit the K2 Health Center website at <http://k2healthcenter.com/>.

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For more information about K2 Health Center, contact the company here: K2 Health Center Dr. Kupper & Dr. Keener (760) 456-9470 info@k2healthcenter.com 317 N. El Camino Real Suite 110 Encinitas, CA 92024

K2 Health Center

Encinitas chiropractors Dr. Kupper and Dr. Keener are well known as the top pain management doctors in Encinitas. They have helped numerous patients with all sorts of issues including upper back and neck pain.

Website: <http://k2healthcenter.com/>

Email: info@k2healthcenter.com

Phone: (760) 456-9470

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