

# Dr. Jenna Mooney Chiropractor

Dr. Jenna Mooney graduated from New York Chiropractic College in 1995 and has been practicing in the state of Massachusetts for fourteen years. Her method of care combines chiropractic manipulation with soft tissue techniques and rehabilitation. The blend of therapies help patients beyond acute care issues. Patients are educated on how to maintain physical/structural health with proper posture, stretches, exercise and nutrition. Dr. Mooney has a passion for helping patients help themselves. She believes the more you know about the body you live in, the more capable you are of making good decisions regarding how to care for it.

## Insurance covers chiropractic care

Most insurance plans have a chiropractic benefits. Call the company to assure your plan includes chiropractic care.

This office accepts:

Bluecross/Blueshield

Harvard Pilgrim Healthcare

Anthem BC/BS

Aetna

Unicare

Medicare

Workman's compensation

Personal injury cases

Motor vehicle cases

Pending contract:

Fallon

Other insurances are accepted by this office with approval from the company.

Contact your provider if you don't see your insurance company listed.

## Cancellation Policy

A 24- hour cancellation notice is required on all services. Those failing to cancel in advance or not showing will be charged the value of the missed service

Returned check fee is \$25.00

## Chiropractic Care



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## What is Chiropractic Care?

The chiropractic profession offers countless techniques, philosophies and patient care models. Among all the variability, the one uniting element is the chiropractic adjustment, a specific force applied to a joint that is malpositioned or restricted (“stuck”) in order to restore proper positioning or movement.

Misaligned or restricted joints are problematic because they do not allow full motion to take place. Without full motion, correlating joints and soft tissues (muscles, ligaments, tendons, fascia, nerves) suffer by being under or overused. This results in tissue breakdown, which leads to tendonitis, muscle strains and nerve entrapment.

The body will attempt to stabilize the area of a misaligned or restricted joint by sending messages to the surrounding muscles to “lock down” or spasm. Now two pain patterns are affecting the body; one from the misaligned joint and the other from the surrounding spasm. Joints with a poor movement pattern place increased burden on surrounding joints by having them make up for the motions lost. Such a reaction causes undue wear and tear on healthy neighboring joints and tissues, essentially expanding the area of dysfunction beyond the initial problem.

Unlike most tissues of the body, joints do not have a direct blood supply. Joints rely on motion to create an osmotic effect that helps to pull in nutrients from the surrounding tissue and to get rid of waste products that all cells produce. Without full range of motion, a joint will build up waste products and will not receive adequate nutrients, all which lead to faster degeneration and arthritis.

A chiropractic physician can determine which joints are misaligned and restricted by using their hands to feel and induce motion. Then with a precise contact and direction of force, an adjustment is performed, restoring motion to the effected joint.

## What problems benefit from chiropractic treatment?

Neck pain  
“Pinched nerves”  
Thoracic outlet syndrome  
Carpal tunnel  
Headaches  
Jaw pain  
Numbness in hands and feet  
Rotator cuff injuries  
Mid back pain  
Digestion issues  
Low back pain

Sciatica

Joints pains in your arms and legs

Tendonitis

Bursitis

## What should I expect during the session?

Treatment sessions with Dr. Mooney are 20-30 minutes long. Three areas of dysfunction are addressed in each session: joint alignment, related muscles, weak/imbanced body movement.

Dr. Mooney will assess your spine, joint structure and surrounding musculature. She has a “hands-on” approach to care and works to understand your structure and movement patterns through passive and active movement evaluation. Treatment may include a combination of chiropractic manipulation, soft tissue massage, heat, ultrasound, electrotherapies, stretches, and exercise/postural recommendations. Treatment protocols are based on patient need. Frequency of treatment is dependent on problem severity and patient response to care. Typically change/improvement occurs in one to two sessions.