

THE MOST EFFECTIVE 2 STEPS ANYONE CAN TAKE TO ACHIEVE A HEALTHY SPINE



1 PRECISE CHIROPRACTIC ADJUSTMENTS:

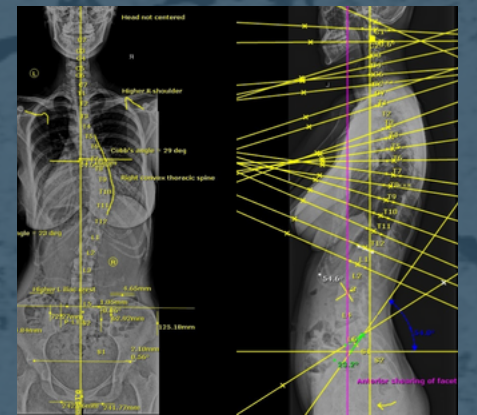
Spinal nerve inflammation detector

- This ensures that only the true spinal misalignment is adjusted. Dr. Ben uses the Gonstead Nervoscope.



Full-spine x-rays to confirm detector findings

- Patients with chronic pain often have x-rays already taken, but no professional interprets them for alignment.
- Both useful for the chiropractor AND optimal patient education. Dr. Ben uses the Gonstead method of analysis and interpretation of chiropractic x-rays.



2 REHAB SPECIFICALLY THE MUSCLES SPECIFIC TO THE NERVES COMING OUT OF PROBLEMATIC SPINAL AREAS:

Focused rehab on affected areas

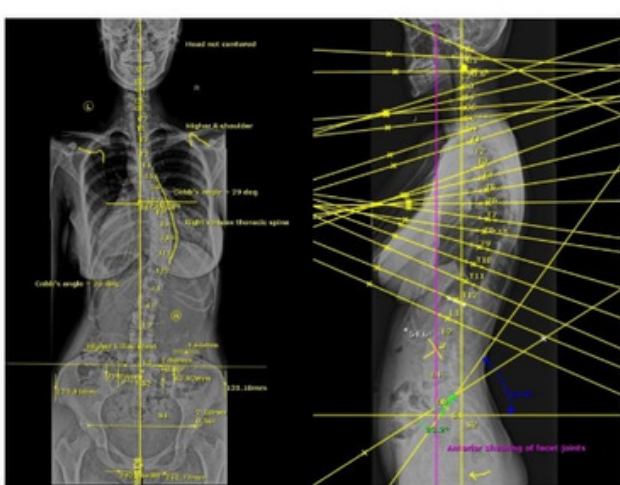
- Every muscle is controlled by nerves. Inflamed nerves reduces strength and blood flow to muscles.
- Focusing on increasing strength through intentional rehab in affected muscles is key to maintaining spinal alignment. Each spinal misalignment should be only adjusted 3-4 times.

SPINAL CORD LEVEL	KEY MUSCLE(S) INNERVATED BY THIS LEVEL
C4	Diaphragm and shoulder elevators
C5	Shoulder flexors and abductors, elbow flexors
C6	Wrist extensors
C7	Elbow extensors (triceps)
C8	Finger flexors, extensors and intrinsic
T1 – T6	Upper trunk muscles
T7 – T12	Lower trunk muscles
L1,L2	Hip flexors
L3	Knee extensors
L4	Ankle dorsiflexors
L5	Toe extensors
S1 – S5	Ankle plantarflexors, bowel and bladder

(taken from <https://medizzy.com>)

CHECK OUT THESE CASE STUDIES THAT THIS CRITICAL 2-STEP PROCESS SOLVED

PAIN EVERYWHERE



Severe scoliosis in 20 year-old female patient

Due to the extreme amounts of pain and dysfunction in her entire body, she could not move comfortably.

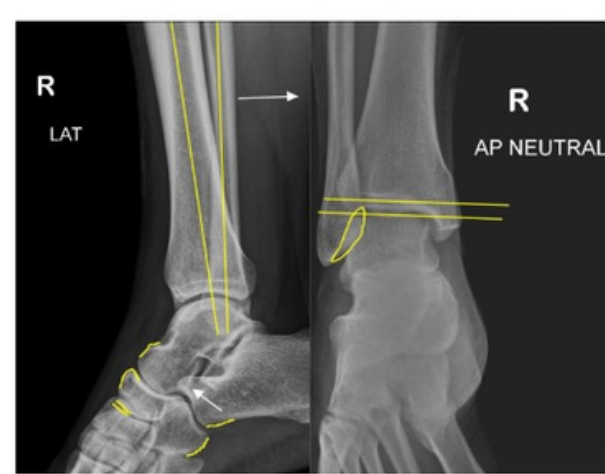
After 3 months of consistent treatment of her spine, she is not in much pain anymore and is now able to exercise and attend classes without any pain.

She is now on regular maintenance Chiropractic care once every 2 months to keep her health in check.

Targeted Rehab On:

- scapula stabilizers
- hip stabilizers
- rib cage stabilizers
- neck stabilizers

ANKLE PAIN



Chronic ankle instability of a 35-year old male, avid jogger

He experienced a bad ankle sprain 2 months ago, as well as multiple "minor" sprains over the last couple of years playing sports.

The X-rays above revealed that the 'heel bone' and the 'shin bone' were not aligned.

After 1 adjustment, the patient was able to put more weight on the ankle and felt like he could do squats again. After 2 more treatments, he was able to run again without pain.

Targeted Rehab On:

- ankle and foot flexors and extensors
- short foot muscles
- long foot muscles

SHOULDER PAIN



"Frozen Shoulder" in a 56-year old male

He came in with a severely immobile and painful shoulder.

The shoulder x-rays revealed that he had rotator cuff insufficiency i.e. his "shoulder muscles weren't doing their job to keep the joint stable".

Within 1 adjustment, the patient was able to lift up his arm to above 90 degrees from the side of his body. With our diagnosis, he is now receiving clinical pilates care in order to work on his shoulder muscles.

Targeted Rehab On:

- scapula stabilizers
- hip stabilizers
- rib cage stabilizers
- neck stabilizers

ELBOW PAIN



Chronic elbow pain of a 35-year old male

There was limited range of motion in his elbow, and a distinct loss in grip strength.

Just within 2-3 adjustments to the elbow joints, he had regained 50-60% function and had a 70% reduction in pain.

With just another 3 weeks of treatment, he has since regained the full function of his elbow.

Targeted Rehab On:

- shoulder flexors
- shoulder extensors
- elbow pronators
- elbow supinators

SEE HOW MY PATIENTS' RECEIVED THEIR MIRACLES WHEN THEIR SPINES WERE TREATED USING THE ABOVE 2 STEPS FOR THE FIRST TIME!



Justin Lim

2 reviews • 0 photos



★★★★★ 18 May 2023

Dr Ben has been super amazing and detailed. I have been having lower back problems for more than a year due to the multiple complications and hidden injuries since childhood. I am in a much better and stronger shape now, and have changed my entire approach to wellness and fitness as a result of Dr Ben's holistic approach to chiropractic care. Even my wife and kids have benefitted so much after seeing Ben for just a few sessions!

I cant recommend Dr Ben enough!



Joyce Tan

5 reviews • 0 photos



★★★★★ 8 weeks ago

Two months ago, I came to see Dr. Ben to treat my chronic ankle injury (terrible sprain with a suspected popped ligament) which hindered me from exercising confidently. He adjusted the bone misalignment from the sprain and was also so generous to check on my other leg to ensure both are aligned.

Aside from the adjustments, Dr. Ben also gave insights, encouragement and tips to get me to be more active and achieve recovery from the inside out. He truly went above and beyond to see that happen. Thanks to his dedication, I am now able to run and exercise after 6 months.

Thanks Dr. Ben for all you do!



Lynda

2 reviews • 0 photos



★★★★★ 25 May 2023

I've been receiving treatment from Dr. Ben from the start of my pregnancy journey. It was an intentional decision to have chiropractic treatment during my pregnancy and I can confidently say I made a right decision. I realised that feeling normal (no pain) is not the norm for many other mums-to-be in the 3rd trimester. Many mums-to-be have similar body pains issues (as they shared in WhatsApp group) which I did not experience. I am thankful to Dr. Ben for the comfortable pregnancy that I have. With the right care it is possible to have a fit and painless body during pregnancy.



Tan Shi Jie

7 reviews • 3 photos



★★★★★ 8 weeks ago

Dr. Ben is professional in his services, and a chiropractor that truly cares about your health, your well-being, and your next generation. Doesn't just do a simple quick fix with "cracking" but he helps you to understand your body and explain root causes to you (which may be deeper/more than just physical causes). Something you never imagined that you thought it would be possible. But restoration and healing is possible for everyone! My best chiropractic experience so far. 👍



Rona

41 reviews • 52 photos



★★★★★ 12 Jul 2023

I had an acute headache/migraine that landed me in hospital as I was worried that I might have suffered a stroke. It wasn't after I all the checks and tests. But I still have the bad headache. The pain is so bad that I cannot even sit in any position for more than 10mins. I was discharged after 5 days with painkillers. Not willing to depend on painkillers, I came across Dr Ben's clinic and decided to make an appt to see him.

My first visit had me almost vomiting (due to the pain) and I could not sit up. Dr Ben checked me and did one adjustment for me. I went for an X-ray and by the time I went back for my 2nd appt with Dr Ben, I am able to walk better and sit up longer. Now, I am back at work without any painkillers and no headaches.

I thank my lucky star that I have had Dr Ben to help me with my headache/migraine. He is confident and assuring. I felt very safe under his care.

**Not ready to make an
appointment, but ready
enough to get your feet wet?**

**Join me on my biweekly FREE
interactive Zoom session
every 1st & 3rd Saturday,
10am.**

CLICK [HERE](#)

**Text Dr. Ben to stay
updated via email
on upcoming
Zoom sessions**

