



Cupping With DN

Dynamic cupping increases circulation reduces inflammation and reduces muscle tension. Cupping has been around for centuries, and throughout history, different cupping methods have been developed. Dry cupping, or static cupping, is the more traditional method, where cups are placed to stimulate acupuncture points for pain relief. Dry cupping involves applying cups over the skin to create negative pressure. Flash cupping is similar to dry cupping except the cups are applied in succession with light pressure for 30 seconds each. Dynamic cupping, is a combination of massage movements, joint movements and the negative pressure created by proper use of the cups. The cup is moved by weak suction along the area of muscle that needs a massage. Dynamic cupping is effective in reducing pain, increasing function, increasing flexibility, and improving the quality of life in patients.

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PHYSIOTHERAPY

What is Physiotherapy?

Physiotherapy is treatment to restore, maintain, and make the most of a patient's mobility, function, and well-being. Physiotherapy helps through physical rehabilitation, injury prevention, and health and fitness.

Treatment can be for problems caused by injury, disease or disability. Here are some examples:

- ✓ Neck and back pain caused by problems in the muscles and skeleton
- ✓ Problems in the bones, joints, muscles and ligaments, such as arthritis and the after-effects of amputation
- ✓ Fatigue, pain, swelling, stiffness and loss of muscle strength, for example during cancer treatment, or palliative care



PEMF Combination Therapy

Pulsed Electro-Magnetic Field (PEMF) therapy uses technology to stimulate and exercise cells to help resolve cellular dysfunction and to support overall wellness. Primarily, PEMF therapy has been used in the treatment of acute pain from injuries, osteoarthritis, and chronic low back pain. PEMF may also be used to reduce pain related to cancer treatments and fatigue related to multiple sclerosis. It also has potential as a way to improve mobility and pain related to surgeries. Improve blood circulation and sleep, and repair bones and muscles. The devices may be in the form of mats or machines. The severity of a person's condition will determine the most appropriate intensity setting. PEMF therapy sends magnetic energy into the body. These energy waves work with your body's natural magnetic field to improve healing.



Ankylosing Spondylitis

Ankylosing Spondylitis (AS) is a rare type of arthritis that causes pain and stiffness in your spine. This lifelong condition, also known as Bechterew disease, usually starts in your lower back. It can spread up to your neck or damage joints in other parts of your body. "Ankylosis" means fused bones or other hard tissue. "Spondylitis" means inflammation in your spinal bones, or vertebrae. Severe cases can leave your spine hunched. You'll need to practice good posture, learn how to stretch tight muscles and keep your spine stable.

Acupuncture

Acupuncture has long been recognized as an effective treatment for chronic pain. It involves the insertion of very thin needles through your skin at strategic points on your body. A key component of traditional Chinese medicine, acupuncture is most commonly used to treat pain. Increasingly, it is being used for overall wellness, including stress management. It successfully treats conditions ranging from musculoskeletal problems (back pain, neck pain, and others) to nausea, migraine headache, anxiety, depression, insomnia, and infertility.

