

Hi! Dr. Timothy Harcourt with Coast Chiropractic Centers, here to talk to you a little bit about the office.

What do we have to offer in our practice that can benefit you? One of the things that we have is the SONOMA method, which I developed and did research with Penn State University and published it in major journal JM PT, and you can access that on PubMed.

The SONOMA method is a great way to track your improvement, and you get exactly how much treatment you need; no more, no less. It helps him be accountable for tracking your improvement and progress through our office. Did you know that the doctor is a Board-Certified Chiropractic Orthopedist; he also comes from a third-generation chiropractic family.

I've been doing this for 30 years. 25 years in Pennsylvania, going on six in Florida, nice to be in Fort Myers.

What else we have to offer in this practice? Wonderful therapy! High dosage laser therapy, deep penetrating laser up to 60 watts of penetrating laser! How does that contrast to other lasers? Cold laser is 1 to 5 watts; its 60 watts. It's all about the penetration folks. So if you can remember chip; circulation, healing, decreased inflammation, decrease pain; you understand what high dosage laser can do for you. What conditions does it help? Rotator cuff tendonitis, it helps whiplash it helps strain, sprains, golfer's elbow, and tennis elbow, problems with the hip and the knee and the ankles. It's great for post-surgical patients that have failed back surgery, maybe they've had one, two, or three surgeries they're no better, possibly hooked on opioid medication. Laser therapy is perfect for that patient because we don't cut, inject, or drug. We don't submit you to the side effects of MRSA and other problems, so it's a non-invasive treatment.

We have other therapies that are well-known: ultrasound, electric stim, intersegmental traction; hands-on techniques the Graston technique. The Graston technique's wonderful for rotator cuff tendonitis, knee, pre-patellar tendonitis, and golfer's elbow, tennis elbow, those types of things.

What else do we have here? We have the best staff on earth, so they're here to help you the patient.

If you've had an accident, we're sorry to hear it, but we're here to help you we can help you on the backend get over the problem. Now we're not going to cut you, inject you, or drug you when you come in, so if you're expecting that you're in the wrong place. But if you expect natural, holistic healing, non-invasive procedures then this is the place to be!

We also have a Certified Chiropractic Physician's Assistant and help us and we have a physical therapy suite that will also benefit you.

Remember, your greatest wealth is your health. So move better, feel better, live better at Coast Chiropractic. Hope to see you soon!