

Why Choose Chiropractic Care with Dr. O'Brien?

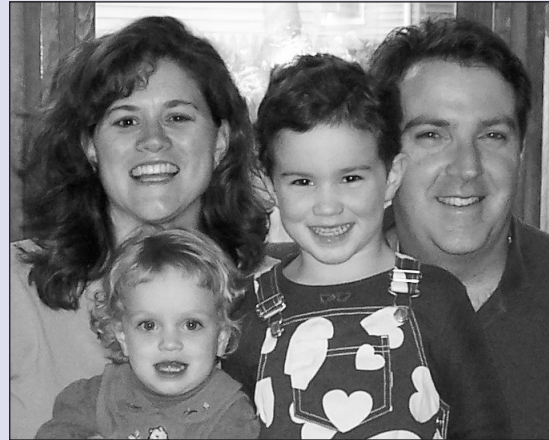
- Safe, gentle and effective.
- Excellent preventive health care.
- Boosts your immune system by strengthening your body's innate abilities.
- Targets the true cause of your problem.
- Balances the whole body, creating optimal functioning.
- Reduces stress.
- Compliments pre and post natal care for mother and baby.
- Includes personalized nutritional recommendations.



The Course of treatment is determined by you and your doctor, based on your individual needs.

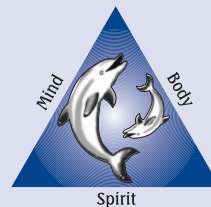


“SOT Chiropractic brings together philosophy, science and art to facilitate our patients' goals of healing body, mind and spirit in order to create balance and harmony in their own lives.”



Dr. Paul O'Brien, pictured with his wife, Sarah and daughters Ciara and Malina, graduated from Logan College of Chiropractic.

Dr. O'Brien is Advanced Certified in Sacro-Occipital Technique and Soft Tissue Orthopedics. He has also had extensive training in Craniopathy. He enjoys working with infants, children, adolescents, adults and older adults to obtain and maintain optimum health.

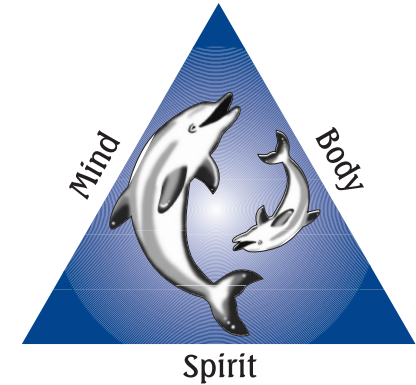


Bayside Chiropractic, PC **Paul J. O'Brien Jr, DC**

291 Waterman Street
Providence, RI
(just past Whole Foods)
401-223-0111

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*Make a healthy adjustment
to your lifestyle.*



Bayside Chiropractic, PC



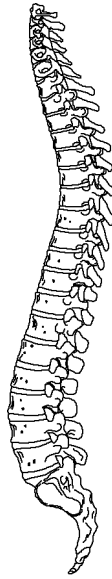
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What Kind of Illnesses or Discomforts does Chiropractic Treat?

For the past 100 years, Chiropractic has helped to treat those suffering from neuromuscular, emotional, and organic disorders.

Chiropractic is performed by extensively trained chiropractic physicians, and is a conservative, drugless, non-surgical approach to healthcare. Chiropractic is safe and effective for the whole family. It is most effective in treating disorders that are a result of stress related lifestyles and injuries.



What to Expect?

Dr. O'Brien will spend time with you listening to your history, your concerns, and describing the benefits of chiropractic care for your situation. Your first visit includes a complete physical, neurological, and orthopedic exam from a respectful, holistic approach.

Dr. O'Brien will utilize non-intrusive indicators to determine what your body's needs are and how to treat you. This goes beyond symptoms to determine the roots of "dis-ease" to regain "ease" or health. He will then use gentle adjustments of the whole body to achieve pain relief and optimal function.

What is SOT Technique?

SOT is a comprehensive, holistic treatment approach to your health needs. SOT or Sacro-Occipital Technique describes the gentle stabilization of the pelvis (sacrum) and its realignment with the occiput (top of spine).

SOT is a system of indicators (neurological, muscular and orthopedic) that allow the doctor to determine and then correct imbalances throughout the body. The efficacy of treatment is confirmed by a reduction of these indicators.

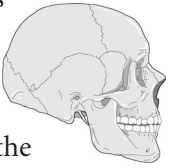
SOT works for traditional Chiropractic complaints such as neck and back pain as well as discomforts of the visceral system. This includes colic, indigestion, irritable bowel syndrome, headaches, earaches, PMS, menopause and infertility. Extremity complaints like shoulder pain, tennis elbow, carpal tunnel syndrome, arthritis and joint pain, as well as stress and depression symptoms also fall under this category.

"The SOT doctor uses a whole body approach to diagnose and treat the true cause of the problem, not just the symptoms."



What is Craniopathy?

Craniopathy is the gentle treatment of the cranium (skull). The cranium actually consists of many bones, connected by joints called sutures. These bones are designed to move. This slight movement acts as a 'pump' which circulates the fluid that surrounds the brain and spinal cord (cerebrospinal fluid). For optimal health of the nervous system, this fluid needs to circulate freely.



Cranial treatment is helpful for headaches, head injuries, TMJ disorders, healthy and traumatic births, and as a compliment to orthodontics.

How will I pay for this?

Dr O'Brien accepts credit cards and Medicare directly and is a participating provider for select insurance companies for your convenience. He also completes the necessary paperwork for you to apply for direct reimbursement from non-participating health insurance companies. Individual and family payment plans are also available.

If you have further questions or want to know how SOT Chiropractic can help you... call 401-223-0111 for a complementary consultation with the doctor today.