



CHIROPRACTIC CARE

That Gets You

Back on Track



PHONE: (760) 371-1300

FAX: (760) 384-2100



Location: 840 N. Norma Street, Suite B
Ridgecrest, CA 93555

Hours: Mon - Fri: 9 am - 1 pm
and 2 pm - 6 pm



What to Expect During Your Appointment

Your first appointment with our chiropractor might not involve any treatment. The chiropractor will take the time to speak with patients and perform a health assessment.

From the results of your health assessment, we may even refer you for X-rays / MRIs and to our specialized care providers if needed.

We create personalized treatment plans that are safe and effective for your unique health needs.

- We accept private pay, TriCare, insurance, Medicare, personal injury, workers comp and VA cases.
- We perform DOT/CDL exams.
- Same day appointments available.

The Benefits of Chiropractic Treatment

with massage care and therapeutic exercise

- Relieves pain & symptoms by restoring motion to joints, and slows spinal degeneration.
- Improves athletic performance with corrected biomechanics & proprioception / balance.
- Improves spinal disc and joint health with corrected posture.
- Improves breathing, circulation and sleep.
- May reduce or delay the need for surgery.
- Relaxes tight muscles and decreases stress.



OUR CLINIC STAFF



GORDON LAM, DC

Ridgecrest Regional Hospital chiropractor.

Many years providing care in multi-specialty outpatient clinics.

- Certified DOT/CDL medical examiner.
- Certified in Activator, Flexion-Distraction (Cox) and soft tissue techniques.
- Combines various chiropractic techniques with physiotherapy and exercise rehab approach.
- Emphasis on general fitness, exercise rehab, Graston myofascial care, functional (therapeutic) taping.
- Experience in co-managing / co-treating patients of Ridgecrest Regional Hospital and of other providers.
- Manages insurance, Medicare, Personal Injury, Work Comp and VA cases.

Common Conditions Frequently Managed by Chiropractors

- | | |
|--------------------------|---------------------------------|
| • Headaches | • Disc bulges |
| • Pregnancy discomfort | • Knee pain |
| • Migraines | • Foot and Ankle pain |
| • Frozen Shoulder | • Plantar Fasciitis |
| • Neck stiffness | • Numbness / Tendonitis |
| • Elbow Pain | • Fibromyalgia |
| • Back Pain | • Arthritis or Bursitis |
| • Carpal Tunnel Syndrome | • Postural issues |
| • Sciatica | • Post-surgical pain |
| • Hip pain | • Shoulder or Rotator Cuff pain |
| • Spinal stenosis | |

Don't see your condition listed here?
ASK US!

Meet our qualified massage professionals!



GLORIA



KATIE



NATALYA

- | | |
|--|-----------------------|
| • Soft & Deep Tissue massage | • Aromatherapy |
| • Cupping / Sports Cupping | • Sports massage |
| • Reflexology | • Postural correction |
| • The Biomechanics Method of Corrective Exercise | • Pre-natal massage |
| | • Swedish massage |