

Now You Can have Reduced Pain and More Freedom of Movement

Here's good news for people suffering from muscle and joint pain...there is no need to suffer any longer. **The Center For Manual Medicine**, at 21st and Fairlawn, combines the services of Dr. Mark Penn, a chiropractor, and Dr. Doug Frye, a medical physician, to create a one-of-a-kind treatment center.

"The Center For Manual Medicine is a unique facility dedicated to the non-surgical treatment of musculoskeletal problems," says Dr. Penn. "Dr. Frye and I have worked together for over 8 years. We have combined the philosophies and methods of traditional medical and chiropractic care to help our patients experience pain free movement of muscles and joints.

"Repeated poor habits of posture, the way we sit or stand, along with repetitive actions at work or play can lead to pain or injury. The pain may be gradual or it may explode into severe pain. When it occurs, improving the movements can relieve the strain and pain. But this is only half of the problem. If the habits that caused the initial problem continue, it is only a matter of time before the pain returns.

"Both Dr. Frye and I use hands on or 'manual' methods to improve movement. Techniques may focus on the joints or the surrounding soft tissue including ligaments, muscles and tendons. Medications and local injections are added when needed."

"The final and perhaps most important form of treatment involves helping our patients create new ways to live their lives," says Dr. Frye. "We have three full time exercise and rehabilitation experts: Seth Harrison CSCS, Vincent DiGiovanni MS, and Ragan Willmann BA, who work with our patients one-on-one. Their job is to make patients aware of their faulty movements and positions and help them create new, healthy habits. Our motto is, 'We help you help yourself.' We work as a team to reach the goal of pain relief, improved function and preventive care with every individual."

Vincent holds a Masters degree in human nutrition and has a specialized program focusing on helping patients with diabetes, high cholesterol, high blood pressure and weight loss. The program is based on sound nutritional advice and exercise with in-depth testing to determine the best methods for each individual.

Patient testimonies:

"I was suffering with pain in both shoulders, and the pain would increase at night. I consulted with many specialists but no answers were found. I was referred to Dr. Frye and after thorough testing and treatment I had complete relief, and an end to 6 months of pain."

Susan St. John – Topeka

"I was having pain in the rib cage area of my body and also had trouble breathing. My first visit with Dr. Penn resulted in instant success. I could breath, sleep and move without constant pain. The Center for Manual Medicine has really 'set the bar,' in my mind, as far as medical facilities/therapy goes."

J. Farrell – Topeka Police

"I just wanted to say 'Gracias.' I had been dealing with back pain for several years and visited many doctors. Your professional and educational approach to treating patients was one I hadn't encountered. I now clearly understand the need to keep up with the

certain exercises and life changes in order to stay on a strong road to continued healing.”

Tina De La Rosa – Topeka

If you'd like to find relief from your muscle and joint pain, make the call today. Call **The Center For Manual Medicine** at 5000 SW 21st Street—785-271-8100. Visit their website for more information: www.ctrmm.com