

Chiropractor helps patients heal themselves with Chiropractic and Acupuncture in Philadelphia.

Dr Michael Hillenbrand facilitates self-healing in patients with chiropractic, acupuncture. He specializes in: neck, back pain, headaches, herniated discs, knee and hip problems, arthritis, carpal tunnel, sport and work injuries, jaw pain, (TMJ) pain

Feb. 16, 2010 - [PRLog](#) -- Dr. Hillenbrand applies gentle chiropractic and acupuncture techniques with a specialty in advanced soft tissue manipulation and manual therapy. He has more than 18 years experience in clinically-focused and wellness-based settings. His treatment philosophy is patient-centered and evidence based, with a focus on quick clinical results for chronic and acute neuromuscular skeletal conditions. He is an expert in wellness coaching, improving athletic performance, posture and mobility. Treatment plans take into account the patient lifestyle, exercise, stress, diet, and office/work ergonomics. Dr. Hillenbrand also incorporates approaches such as gentle chiropractic adjustments, gentle acupuncture, advanced hands-on manual therapy and myofascial applications for treatment of soft tissue injury. Treatment plans include simple at home care exercises to help the patient feel better faster. Dr. Hillenbrand practices Chiropractic and Acupuncture in Manayunk, Philadelphia, and on the Main Line in Bryn Mawr and Wayne.

Dr Hillenbrand specializes in: neck, head and back pain, headaches, herniated discs, knee and hip problems, arthritis, degeneration, carpal tunnel, elbow pain, whiplash, sport and work injuries, postural correction , pain management, chest, rib pain , jaw pain, (TMJ) pain, lack of flexibility, tightness and anxiety.

Dr. Hillenbrand is one of the few Chiropractors/ Acupuncturists that has extensive manual therapy training and also worked in hospital settings, such as Clifton Springs Hospital and also in the Rochester VA hospital. He is a part time faculty member at a number of colleges and teaches anatomy. He currently continues to practice clinically full time, with part time teaching at an acupuncture school and a chiropractic college.

Low back pain is a very common condition, and one that is very expensive for our health care system. Experts estimate that chronic back pain costs the US about \$100 billion each year in direct and indirect costs. As the authors of a new study write: "One factor explaining these enormous costs is the high rate of recurrence and chronic disability related to low-back disorders...It has been suggested that only 10% of Low Back Pain patients generate more than 80% of the total costs related to Low Back Pain."

Many people suffer from chronic headaches. Some headaches can be attributed to stress or tension, but the latest medical literature¹ reports that some cases of chronic headache are caused by a problem in the neck—and that they are often misdiagnosed or unrecognized by physicians.

These headaches are known as "cervicogenic headaches," since they have their "genesis" in the cervical spine. They arise when the nerves, joints, or muscles of the neck are injured or strained. Pain signals from the neck can get mixed with nerve pathways of the head and face, and can create pain in seemingly unrelated parts of the body.

Cervical spine dysfunction can cause pain in any part of the head, and cervicogenic headaches are usually focused on one side. These types of headaches can last for many hours or days, and are usually described as a dull, aching pain. Neck movement, injuries, or an awkward posture can trigger these headaches. Medication may relieve pain temporarily, but if the root cause of the pain is not eliminated, the symptoms will just return down the road.

The first step in treating headache is to take a careful history and perform a thorough physical exam. This will help us determine the precise source of your pain, and help us design an effective treatment plan.

Dr Hillenbrand treats patients in the following area of Philadelphia with chiropractic services:

Philadelphia; Chiropractor Center City Philadelphia; Chiropractor South Philadelphia; Chiropractor West Philadelphia; Chiropractor University City; Chiropractor Mt. Airy; Chiropractor Northern Liberties; Chiropractor Havertown, Chiropractor Manayunk, Chiropractor Delaware County, Chiropractor Bryn Mawr, Chiropractor Philadelphia suburbs, Chiropractor Montgomery County, Drexel Hill Chiropractor, City Line Avenue Chiropractor, Germantown Chiropractor, Wayne Chiropractor, Devon Chiropractor. Main Line, Berwyn Chiropractor, Bala Chiropractor, Roxborough Chiropractor, Miquon Chiropractor, Narberth Chiropractor, Ardmore Chiropractor, Landsdowne Chiropractor, Glenolden Chiropractor, Passyunk Chiropractor, Wyndmoor Chiropractor, Penn Valley Chiropractor, West Conshohocken Chiropractor Conshohocken Chiropractor, Radnor Chiropractor, Barren Hill Chiropractor, Plymouth Meeting Chiropractor, Cheltenham Chiropractor, Rockledge Chiropractor, Elkins Park Chiropractor, Jenkintown Chiropractor, Gulph Mill Chiropractor, Glen Willow Chiropractor, West Manayunk Chiropractor, Belmont Hills Chiropractor, Wynewood Chiropractor, Merion Park Chiropractor, Carroll Park Chiropractor, Millbourne Chiropractor, Highland Park Chiropractor, Kirklynn Chiropractor, Llanerch Chiropractor Bywood Chiropractor, East Landsdowne Chiropractor, Clifton Heights Chiropractor, Broomall Chiropractor, Lawrence Park Chiropractor, Pilgrim Gardens Chiropractor, Westbrook Park Chiropractor, Marple Chiropractor, Rose Tree Chiropractor, Media Chiropractor, Moylan Chiropractor, Swarthmore Chiropractor, Rutledge Chiropractor, Morton Chiropractor, Wallingford Chiropractor, Folsom Chiropractor, Prospect Park Chiropractor, King of Prussia Chiropractor, Blue Bell Chiropractor, Norristown Chiropractor, Paoli Chiropractor, Malvern Chiropractor, Manoa Chiropractor, Pilgrim Gardens Chiropractor, Springfield Chiropractor, Aldan Chiropractor, Barren Hill Chiropractor, Penn Valley Chiropractor, Rosemont Chiropractor, Frazer Chiropractor, Exton Chiropractor, Westbrook Park Chiropractor, Morton Chiropractor, Wallingford Chiropractor, Chester Chiropractor, Newtown Square Chiropractor, Cherry Hill Chiropractor, Plymouth Meeting Chiropractor

Dr Hillenbrand treats patients with acupuncture in the following areas of Philadelphia:

Philadelphia; Acupuncture Center City Philadelphia; Acupuncture South Philadelphia; Acupuncture West Philadelphia; Acupuncture University City; Acupuncture Mt. Airy; Acupuncture Northern Liberties; Acupuncture Havertown, Acupuncture Manayunk, Acupuncture Delaware County, Acupuncture Bryn Mawr, Acupuncture Philadelphia suburbs, Acupuncture Montgomery County, Drexel Hill Acupuncture, City Line Avenue Acupuncture, Germantown Acupuncture, Wayne Acupuncture, Devon Acupuncture. Main Line, Berwyn Acupuncture, Bala Chiropractor, Roxborough Acupuncture, Miquon Acupuncture, Narberth Acupuncture, Ardmore Acupuncture, Landsdowne Acupuncture, Glenolden Acupuncture, Passyunk Acupuncture, Wyndmoor Acupuncture, Penn Valley Acupuncture, West Conshohocken Acupuncture Conshohocken Acupuncture, Radnor Acupuncture, Barren Hill Acupuncture, Plymouth Meeting Acupuncture, Cheltenham Acupuncture, Rockledge Acupuncture, Elkins Park Acupuncture, Jenkintown Acupuncture, Gulph Mill Acupuncture, Glen Willow Acupuncture, West Manayunk Acupuncture, Belmont Hills Acupuncture, Wynewood Acupuncture, Merion Park Acupuncture, Carroll Park Acupuncture, Millbourne Acupuncture, , East Landsdowne Acupuncture, Clifton Heights Acupuncture, Broomall Acupuncture, Media Acupuncture, Moylan Acupuncture, Swarthmore Acupuncture, Rutledge Acupuncture, Morton Acupuncture, Wallingford Acupuncture, Folsom Acupuncture, Prospect Park Acupuncture, Wyola Acupuncture, Ithan Acupuncture, Swedeland Acupuncture, King of Prussia Acupuncture, Blue Bell Acupuncture, Norristown Acupuncture, Paoli Acupuncture, Malvern Acupuncture, Springfield Acupuncture, Aldan Acupuncture, Barren Hill Acupuncture, Penn Valley Acupuncture, Rosemont Acupuncture, Strafford Acupuncture, Devault

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