

# Chiropractic Care at the Osher Clinical Center



The chiropractors at Brigham and Women's Hospital are experts in the conservative management of patients suffering with neck pain, back pain and headaches as well an extensive list of other complaints and disorders (see table).

Our chiropractors combine spinal adjustments and other joint manipulation with individually tailored exercises, soft tissue therapies, nutritional advice and lifestyle counseling to achieve the best possible outcomes and patient satisfaction. As conservative care physicians, chiropractors elect not to prescribe medications or perform surgery. In our integrative care clinic, they work closely with a comprehensive team of exceptional Brigham and Women's colleagues who provide additional services as necessary.

## Who can be treated by a chiropractor?

Although chiropractors are trained to treat people of all ages, patients entering the Osher Clinical Center must be at least 16 years old, due to the regulations of the facility. If you are unsure whether chiropractic treatment is right for you, consider scheduling a consultation to discuss your condition and learn about treatment options at our clinic, or within the comprehensive services at Brigham and Women's Hospital.

We enjoy educating patients about their problem, using anatomical diagrams and reviewing diagnostic imaging so that patients can better understand their condition and how to effectively participate in their care.

## What treatments are provided by the Osher Center Chiropractors?

Chiropractors are trained to perform a comprehensive neuro-musculoskeletal assessment to determine an optimal treatment plan for you. Our chiropractors provide a number of traditional and contemporary treatment approaches.

Following are some commonly administered procedures and techniques:

- Manual spinal manipulation
- Flexion-distraction therapy (a form of spinal traction—see photo)
- Manual soft tissue therapies including trigger point therapy and cross friction massage
- McKenzie Method of Mechanical Diagnosis and Therapy®
- Graston Technique® - instrumented soft tissue manipulation
- Ergonomic advice and lifestyle changes
- Spinal stabilization and postural corrective exercises

## Some of the Common Diagnoses and Disorders addressed with chiropractic treatment

- Disc bulges and herniations
- Cervical and lumbar radiculopathy (pinched nerve in the neck and lower back)
- Lumbar stenosis (narrowing of the spinal canal)
- Sacroiliac joint pain and dysfunction
- Repetitive strain injuries such as tennis elbow and carpal tunnel syndrome
- Headaches
- Temporomandibular joint pain and dysfunction
- Sprains and strains including whiplash
- Tendinitis (e.g., shoulder, elbow, Achilles)
- Plantar fasciitis

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### How long is a chiropractic session?

A session's length depends on the disorder under care. The initial visit, which always includes taking a full history and conducting a thorough examination, is approximately 40 minutes. Follow-up visits are generally 15-20 minutes.

### Will insurance pay for chiropractic care?

Most Massachusetts health insurance policies will pay for a portion of chiropractic treatment. Common insurance companies include Blue Cross and Blue Shield of Massachusetts, Harvard Pilgrim Health Care and Tufts Health Care. We also accept Medicare, worker's compensation and personal injury (motor vehicle accident) insurance. It is always best to confirm your insurance benefits with your insurance company. Patients with some insurance policies for which we do not accept direct assignment may submit bills to their insurance company directly.



Flexion-distraction therapy

### What do you need to bring to your appointment?

Please bring:

- Any past imaging or specialty studies that are relevant to your complaint (If you are an established patient at Brigham and Women's Hospital, and all of your past imaging and specialty testing studies have been performed within our facility, we should have access to your studies.)
- Your insurance and identification cards.
- A form of payment – we accept check, credit cards, health savings account cards.

### How do I schedule an appointment?

Please call the Osher Clinical Center at (617) 732-9700 to obtain more information about our chiropractic services or to schedule an appointment. The Center is located at the Brigham and Women's Ambulatory Care Center in Chestnut Hill.

## Meet our Chiropractors



Matthew H. Kowalski, DC

**Matthew H. Kowalski, DC** is a graduate of the National College of Chiropractic, where he also completed a multidisciplinary residency in orthopedics. He is certified with the American Board of Chiropractic Orthopedics, trained in the Graston Technique® and practices the McKenzie Method® of mechanical diagnosis and treatment.

Doctor Kowalski is an adjunct post-graduate faculty member of the National University of Health Sciences. He has co-authored chapters on "The lumbar intervertebral disc" and "Lumbar spinal stenosis" for *Low Back Syndromes* (Morris, ed.). His practice focuses on the evaluation and treatment of patient suffering with headaches, neck pain and back pain.



Thomas Mecke, DC

**Doctor Mecke** earned a Bachelors of Science degree from the State University of New York and furthered his education through a Master of Science in Forensic Science program at the John Jay College of Criminal Justice. Doctor Mecke completed his chiropractic training at the New York Chiropractic College, where he was selected to participate in an internship at the Veterans Affairs Outpatient Clinic in Rochester, NY. The VA program provides military veterans with comprehensive chiropractic services in a multidisciplinary, collaborative healthcare environment.

Doctor Mecke has an interest in sports science and human performance and is an accomplished athlete. He is trained in the Graston Technique® and is trained in The McKenzie Method® of mechanical diagnosis and treatment.