



CHIROPRACTIC CARE

That Gets You

Back on Track



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.*

PHONE: (760) 371-1300

FAX: (760) 384-2100



Location: 1081 N China Lake Blvd,
Ridgecrest, CA 93555

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

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

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

Meet our qualified massage professionals!



GLORIA



KATIE



NATALYA

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