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BURICK CENTER

FOR HEALTH AND WELLNESS

*Menu of Services*



The Burick Center for Health and Wellness is proud to present our patients with a menu of services that are available within the office to each patient. These services are being provided by individuals or companies that share our commitment to wellness and seek to help our patients integrate changes to improve their overall wellbeing. We believe that you must approach your health from a variety of aspects including emotional, physical and lifestyle considerations. A healthy body and mind lead to a healthy spirit.

For your convenience, these services are individual one-on-one consultations that will take place in our office, and may be scheduled by calling our office. These initial consultations are at no additional cost to our patients and fall under the umbrella of your retainer fee. You may take advantage of any or all of these consultations, and we encourage you to consider utilizing these services to their maximum potential.

*We are pleased to offer the following services  
to help you achieve optimum health and wellness.*

## SELECTIONS FOR

### *The Body*

#### MUSCULOSKELETAL EVALUATION

A musculoskeletal evaluation will be performed by a licensed physical therapist and will focus on any problem areas. The therapist will also perform an overall assessment of posture, gait and strength. Recommendations for assist devices, home therapies or additional PT may be given.

#### ARTHRITIS PHYSICAL THERAPY EVALUATION

A physical therapist who specializes in orthopedics and therapies to address chronic pain and debilitation associated with arthritis (and or old sports injuries) will perform an evaluation and recommend options including home therapies or additional physical therapies with the emphasis on increased range of motion and functionality.

#### JONES STRAIN-COUNTERSTRAIN FOR MUSCULOSKELETAL DYSFUNCTION AND CHRONIC PAIN ISSUES

A licensed physical therapist who specializes in the Strain-Counterstrain technique, a gentle myofascial treatment option, will evaluate and recommend treatment options for those persons suffering from both acute and chronic musculoskeletal injuries with the emphasis on chronic pain and headaches.

#### MASSAGE THERAPY

A licensed therapist will offer initial consultations in the office with a personal demonstration on the patient to determine the benefits of massage therapy and additional treatment.

#### BODY FAT AND METABOLIC AGE ANALYSIS

Learn your Body Mass Index and Metabolic Age so you can take steps to manage your weight.

#### NUTRITIONAL COUNSELING

Meet with a registered nutritionist who can begin discussions with you on how you can make lifestyle changes and dietary modifications to improve your health.

### **PERSONAL TRAINER**

We have the opportunity to offer an evaluation by a personal trainer who will review with you the results of a body composition test performed in the office by our staff. The trainer can present the benefits, goals and realistic expectations of a personal training program and how you could get started. This is an invaluable tool to improve your physical and emotional wellbeing.

### **HEALTH COACH**

We have the opportunity to introduce you to a health coach who can assist you in a variety of ways including physical, nutritional, emotional and spiritual techniques to improve your health and wellbeing.

### **ACUPUNCTURE THERAPY**

A licensed acupuncturist will provide a personal consultation on what areas of treatment and conditions can be addressed and aided by acupuncture and Chinese herbal medicine.

### **PILATES**

Pilates and rehabilitation are a natural fit to help with chronic spine, neck, hip, pelvic, and shoulder pain. Members can have a brief session with a doctor of physical therapy, including a posture and musculoskeletal screening, to find out how Pilates can help and discuss treatment options.

### **MEDICAL FITNESS**

Medical Fitness is perfect for people with medical issues who should exercise but are unsure of what to do because of their conditions. Medical Fitness offers professional expertise and guidance essential to safely and effectively implementing exercise and lifestyle management programs. It begins with a comprehensive assessment by a licensed physical therapist. Working with your physician's input, this assessment forms the framework for designing an individual fitness program. Medical Fitness also offers healthy lifestyle promotion, disease management programs, health screenings and an overall atmosphere encouraging whole-body wellness. As a member, you can receive a free initial consultation to determine if Medical Fitness is right for you.

### **REFLEXOLOGY**

Reflexology uses techniques of applying pressure to the feet to open pathways for healing energy to circulate to all parts of the body. Gravity causes more toxins and deposits to settle in the feet. Reflexology helps to release these and increases circulation. No instruments or devices are used, only hands. Reflexology facilitates healing when used in conjunction with medical direction from your physician.

Members receive an initial consultation and sample of reflexology.

## SELECTIONS FOR

### *The Mind*

#### BIOFEEDBACK CONSULTATION

Biofeedback has become a more popular and effective way of dealing with a variety of issues including headache, chronic pain, anxiety, pelvic floor dysfunction, stress management and more. This consultation will include an explanation of what these treatments entail and what to expect.

#### MENTAL HEALTH

A licensed psychologist is available for a consultation to discuss the emotional aspects of your life that are impacting on your physical wellbeing. Recommendations for techniques to manage stress and reading material or books to deal with particular issues and or additional treatments can be offered to help improve your mental health.

#### REIKI

Reiki is a system of natural healing. By using gentle touch and Reiki (life force energy), balance is created, which in turn helps the body/mind to use its own wisdom to reduce stress, ease pain, balance emotions, enhance mental clarity and facilitate personal and spiritual growth. Reiki supports the individual's natural healing capacity. Reiki promotes relaxation, and helps lessen stress-related conditions, anxiety, pain or discomfort, and fatigue. It may strengthen a sense of internal balance, hopefulness, and personal growth. Members receive a free initial consultation to learn more about Reiki and see if it is right for them.

## SELECTIONS FOR

### *Your Appearance & Healthy Skin*

#### SKIN EVALUATION

Skin care and wellness consultation by Dr. Burick using Arbonne® products. Harmony MedSpa is also pleased to offer a skin consultation to see how you can improve the appearance and tone of your skin and fight the effects of aging.

#### SLIMDOME™

Members receive the first Slimdome treatment at no charge.  
Package pricing is also available.



*Appointments are limited and available first-come, first served basis.  
Our offerings are always expanding and subject to change.*

*Personalized Care...*



UNPRECEDENTED ATTENTION...



*Integrated Expertise...*



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[www.burickcenter.com](http://www.burickcenter.com)

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