

## OUR PRACTICE *philosophy*



### A HOLISTIC APPROACH

Dr. Koop's approach is to look at the whole person, not only with a thorough history and examination, but also with a review of diet, exercise, and stress factors. Among other standard diagnostic and treatment techniques, she uses a technique called Applied Kinesiology or AK. AK is a form of diagnosis using muscle testing as a primary feedback mechanism to examine how a person's body is functioning. When properly applied, the outcome of an AK diagnosis will determine the best form of therapy for the patient. Since AK draws together the core elements of many complementary therapies, it provides an interdisciplinary approach to health care. If the patient so desires, Dr. Koop can determine through Nutrition Response Testing which natural supplements would best help the body organs to heal and function optimally.

Our philosophy is to really listen to our patients' concerns and needs, and provide the very best natural, painless and drug-free healthcare possible.

## GET BACK *on track*

A summa cum laude graduate of Duke University (Medical Technology) and Los Angeles College of Chiropractic, Dr. Koop has been treating patients in the Denver area for over twenty years. She also holds a post-doctorate degree as a Certified Chiropractic Sports Physician and enjoys helping athletes get back on track. She sees patients of all ages, from the very young to the young at heart.

### Office Hours:

M, W, F 9am-6pm  
Tues 10am-1pm  
Sat - by appt.

Most insurances accepted

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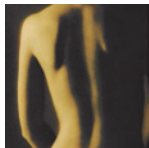
OFFICE OF  
KATHY J. KOOP, D.C.

## CHIROPRACTIC *therapy*



Chiropractic care is used most often to treat Neuromusculoskeletal complaints, including but not limited to back pain, neck pain, pain in the joints of the arms or legs, and headaches. Among people seeking back pain relief alternatives, most choose *chiropractic* treatment. About 22 million Americans visit chiropractors annually.

## A HEALTHY FOUNDATION *for* WELLBEING



### BACK & NECK PAIN

Spinal adjustments have proved to be very helpful in both acute & chronic neck, middle and lower back pain conditions.

Herniated or “bulging” discs are treated using a special flexion-distraction table, which gently stretches the back and relieves compression of the discs. Ribs can go out of alignment as well, causing severe pain. Neck vertebrae often go out of alignment due to stress or poor body mechanics, and can cause headaches, shoulder and arm pain until normal motion and posture is restored. Chiropractic care is the treatment of choice for these cases!

### HEADACHES

Research shows that spinal manipulation is an effective treatment option for tension headaches and headaches that originate in the neck. A report released in 2001 by researchers at the Duke University found that spinal manipulation resulted in almost immediate improvement for those headaches that originate in the neck, and had significantly fewer side effects and longer-lasting relief than meds.

### SPINAL ADJUSTMENTS

Nerves exiting each level of the spine travel to every organ, gland, muscle and tissue of the body. If a vertebra has lost its normal motion, nerves exiting that vertebra can become “pinched” or more often “irritated”, causing problems in the tissues the nerve is supplying. A precise, quick, low-force adjustment can restore the normal motion and position of the vertebrae over time, and relieve pain and abnormal nerve flow to the tissues. Adjustments can be made by Dr. Koop’s hands or by adjusting tools.

### SCIATICA

The symptoms of sciatica often include sharp pain, numbness, tingling or burning in the buttocks or back of the leg. The sciatic nerve is a large nerve that travels down the back of the leg to the bottom of the foot, and originates from the spine at the level of the low back. Irritation of the sciatic nerve at any point along its path causes sciatica, and it responds very well to chiropractic care which relieves the nerve irritation at the point of interference.



### SPINAL ADJUSTMENTS

Dr. Koop’s adjustments are gentle, comfortable and effective. They are accomplished by adjusting tools or hands-on by Dr. Koop..

Through a comprehensive treatment plan that includes precise adjustments and development of healthy habits, we restore your body’s natural balance. Other modalities offered include the following:

CLINICAL NUTRITION | PHYSIO-THERAPY | DETOX FOOTBATHS | MASSAGE THERAPY

### CLINICAL NUTRITION

Dr. Koop has completed coursework in NRT or Nutrition Response Testing. Through body organ reflex testing and computer analysis, the health status of the body and priority organs under stress are identified. Specific whole food supplements are tested to determine the optimum vitamins and herbs and the correct dosage to repair stressed organ systems. The diet is also monitored closely to ensure restoration and maintenance of health.

PHYSIO-THERAPY MODALITIES ARE OFTEN USED IN CONJUNCTION WITH CHIROPRACTIC CARE TO HELP RESTORE HEALTH.

Modalities offered at our office include therapeutic ultrasound, muscle stimulation (interferential current), and hot and cold therapy. Dr. Koop also uses electroacupuncture (needle-free) to calm the nervous system, relieve pain and treat specific conditions. Home exercises and stretches are also prescribed as needed.

### GET IN BALANCE

Regular treatments keep the body aligned and the nervous system working optimally. Be the best you can be, for you and your family!



Massage is offered in 10 and 15 minute increments with your adjustment. 30 and 60 minute massages may be scheduled by appointment.

### MASSAGE THERAPY

Jessica Dye, CMT specializes in deep tissue, neuromuscular, Reiki, and Swedish at our office. Massage relaxes the musculature and nervous system and also releases endorphins beneficial for calming the mind and body. It relaxes the fascia and knotted tissue, which helps to realign and balance the body. Massage gives you time to yourself out of your busy day to combat stress, which contributes to many diseases.

### AQUA-CHI DETOX FOOTBATHS

Aqua-Chi Detox Footbaths pull toxins and impurities from the body. The oxidized warm water attracts toxins and removes them through the pores of the feet. The color of the water changes based on the particular body organ detoxifying. The process is simple and comfortable, and is helpful in many health conditions.