



Your place for:

Family Practice

From newborns to seniors in all areas including pediatrics, gynecology, minor surgery, basic orthopedics, **urgent care** and sports medicine.

Chiropractic

Back pain, neck pain, headaches, DOT, MSHSL and other physicals.

Physical Therapy

Professional, individualized programs for neck, shoulder, elbow, wrist, hands, back, hip, knee, ankles and feet. Post trauma rehab for auto and work injuries.

Acupuncture

Stimulating specific points to improve circulation, body function and reduce pain.

Massage

Hands-on manipulation of soft tissues. Great for relieving muscle aches and stiffness, increasing range of motion in joints and enhancing general relaxation.

Individualized Medicine

Integrative science-based approach that promotes wellness and treats illness as an individually unique process.

Healing arts

The benefits of acupuncture

Are you one of the 8 million+ Americans¹ who have experienced the health benefits of acupuncture?

Acupuncture is a healing art that has been practiced in Asia for thousands of years. It's based on balancing the body's vital energy, or "Chi." Simply put, when the opposing but inseparable forces of yin and yang are in balance in a person, that person is in a healthy state of physical, mental, emotional and spiritual well being. Acupuncture involves inserting hair-thin pins into specific points along channels, or meridians, in a person's body for 8 to 30 minutes. The pins are smaller than needles used for immunizations or injections and don't contain medicine. They simply tap into the body's own medicine to facilitate healing.



Does it hurt? In 18 years, we've never had a patient tell us that acupuncture was painful. There may be a slight prick (some people describe it like a mosquito bite), followed by a sensation some describe as "fullness" or "electric." Almost all our patients report a very relaxing session followed by a good night's sleep.

Acupuncture helps the body function better and more balanced, making it a healing art to help the body better deal with any condition or simply to promote wellness and disease prevention. Williams Integracare uses acupuncture mainly to treat headaches, back pain, elbow pain (tennis elbow), carpal tunnel syndrome, arthritis in knees, insomnia and strains and sprains from sports, auto accidents and work injuries.

Contact us about getting relief through acupuncture.

Efficient, safe and cost-effective

Chiropractic care is the answer

There are many complementary health care options. Interestingly, the most regulated option is also the most effective in terms of relief and cost. It's chiropractic care. Chiropractic care is the most cost-effective entry point to medicine, especially for back pain, neck pain and other musculoskeletal conditions. Make the most effective choice early and often: contact Williams Integracare today.

Balancing diet and exercise

Energy for a healthy heart

You know diet and exercise are vital to keep your body useful and successful. But do you know how vital?

Healthy foods give your body required vitamins, minerals and other nutrients to create ENERGY. Only proper energy can fuel your body to its full potential. Healthy foods also decrease your risk of many diseases. Eating certain foods, like fruits and vegetables, reduces your risk of cancers, stroke and coronary heart disease. Eat a balanced diet high in fruits and veggies as well as cereal fibers, chicken, fish and nuts. It's best to choose foods low in saturated fats, bad cholesterol and sodium.



Exercise actually gives your body ENERGY. Get moving to burn calories and lower your body fat while strengthening your heart and lungs. Physical activity can help prevent heart disease, type II diabetes and osteoporosis. It also enhances your self esteem, helps you manage stress and reduce anxiety. Exercise at least 30 minutes each day.

Together, diet and exercise are equally important to your health. Balance both for a healthier heart and healthier life.

Get back to life

Proper, speedy diagnosis is key to no more low back pain

What's the #1 reason people miss work? Low back pain. In fact, more than 23 percent of the 1.8 million disabilities each year are due to back injuries, which develop into nagging and even agonizing pain.²

Your lower back can suffer damage from a motor vehicle crash or other trauma, but that isn't the most common cause. Most back pain is from repetitive stresses that damage spinal joints, weaken muscles and cause pain. Then all it takes in one bend or sneeze and your low back is in agony. Now what?



Don't hesitate! Proper, speedy diagnosis is essential for long-term spinal health. Williams Integracare has experts in evaluating low back pain. We get to the true core of your problem and put together an aggressive treatment plan to get you back to your busy life. We'll treat the pain, but we'll also teach you how to care for your back for the long haul through exercise and self care.

Stop "living with" back pain. Make an appointment today and get back to living.

Preferred providers for:

PreferredOne



MEDICA

Select
Care

BlueCross
BlueShield

Auto accidents and
workers' compensation



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Since 1981, Williams Integracare Clinic has continually worked hard to raise the standard of care for auto and work-related injuries, back pain, neck pain and headaches. No one deserves to live in constant pain. With our extensive knowledge and improvements in treatments, we are confident we can get you back on the road to recovery and leading an active lifestyle.

Additional sources:

1. National Institutes of Health: Center for Complementary and Alternative Medicine
2. American Journal of Preventive Medicine

Contact us at: info@icareclinics.com