



Dr. Carol A. Parnell,
D.C., D.I.C.C.P.

Education

- Doctor of Chiropractic, Summa Cum Laude, Palmer College of Chiropractic, Davenport, IA
- Completed post graduate training in low back management, whiplash, spinal trauma, X-Ray studies of spinal and skeletal disorders, pregnancy, pediatrics, and nutrition
- Diplomate of the Council of Chiropractic Pediatrics (DICCP)
- Bachelor of Science, Microbiology and Medical Technology, University of MA, Amherst, MA



Dr. Darcy A. Crisp,
D.C.

Education

- Doctor of Chiropractic, Life University, Marietta, GA
- Bachelor of Science, Health and Fitness, Springfield College, Springfield, MA
- Certification in Massage Therapy, New Hampshire Institute of Therapeutic Arts, Hudson, NH
- Advanced training in sports injury assessment and management

Learn more about us at
www.parnellwellness.com



HEALTH

A state of complete physical, mental and social well being...

NOT

Merely the absence of disease or infirmity

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www.ParnellWellness.com



At Parnell Chiropractic and Wellness, our main concern is to help you achieve the highest level of wellness you desire. When you come into our office we take a complete, detailed health history, which enables us to determine what, your greatest concerns are and what other health choices you have made in the past. Upon reviewing your history, a thorough physical examination including neurological, orthopedic and chiropractic spinal examination is done. Diagnostic x-rays are taken when indicated. Laboratory test will be recommended when necessary.



You are given a complete report of our findings; a review of your x-rays and a treatment program tailored to achieve optimum health is outlined for you. We expect your participation in a program that suits your specific needs at a level of care you feel confident you can maintain. Re-examinations are performed on a regular basis. This helps us determine your continued care on your road to increased health.

| OFFICE HOURS | | | | | |
|--------------|--------|--------|--------|--------|------|
| | Mon | Tues | Wed | Thurs | Fri |
| AM | 9-12 | | 9-12 | 9-12 | 9-12 |
| PM | 3-6:30 | 3-6:30 | 3-6:30 | 3-6:30 | |



What Parnell Chiropractic & Wellness has to offer . . .

CHIROPRACTIC TECHNIQUES work to remove stress from spinal nerves. Spinal nerve stress or pinched nerve (vertebral subluxation complex) interferes with the proper functioning of the nervous system, and in turn can weaken the immune system, cause pain, and reduce the body's ability to work properly.

You don't visit your dentist for regular checkups because you suffer from toothaches, but because you want to prevent them. The same principle holds true for chiropractic. You should visit us regularly, not because you are suffering from the pain or deterioration of vertebral subluxation complex (VSC), but because you want to prevent it.

Just as a dentist performs a dental exam to check for tooth problems, we perform a spinal health exam to check for joint problems. If we find any, an adjustment can prevent them from worsening. Adjustments help realign vertebral bones so that they don't harm muscles, nerves or other structures of the spine and the body.

Our chiropractic staff gently adjusts the spine to properly align the vertebrae. This restores the normal biomechanics of the body, enabling it to function at its optimum level. When the spine is aligned properly, health problems such as headaches, backaches, and organic disorders can be corrected or prevented. Chiropractic care is safe and effective for infants, pregnant women, adults and seniors.

MASSAGE THERAPY uses a holistic approach to healing, based on the innate power of the body to heal itself. Our massage therapists work with the chiropractors to provide health and wellness to those with dysfunction in the musculoskeletal system.

Many of today's major health problems are caused by prolonged stress due to our living and working environments. Stress can also impair the immune system leaving those affected vulnerable to disease. At Parnell Chiropractic and Wellness, massage therapy is geared to helping clients fight the effects of stress.

ACUPUNCTURE literally means needle piercing. It is the practice of inserting very fine needles into the skin to stimulate specific points. This stimulation balances the movement of energy in the body.

Young children often respond very well to acupuncture. It can even be used on pregnant women to stimulate labor and reduce labor pain. Acupuncture can also decrease muscle and joint pain as well as the pain of arthritis and various sports injuries.

We strive to help our patients attain a higher quality of life by achieving balance in their physical, emotional, mental and spiritual states. Acupuncture brings new alternatives in health care to Parnell Chiropractic and Wellness!

NUTRITIONAL COUNSELING is offered to our members and patients at Parnell Chiropractic and Wellness. A detailed and customized nutritional evaluation is performed to help them achieve a greater degree of health. Food can either help to heal or contribute to the disease processes. Heart disease, cancer and stroke are all attributed, in part, to our diet. After collecting health and lifestyle information, we make recommendations to supplement the patient's diet with various health and nutritional supplements.

THERAPY such as intersegmental traction, ultrasound and electrical muscle stimulation are utilized when necessary. This allows us to manage your discomforts while your body approaches its optimum potential.

REHABILITATION & EXERCISE programs are designed with your specific spinal needs in mind. Posture and ergonomic considerations enhance better structural balance and helps improve health.

EDUCATIONAL programs such as yoga, wellness workshops and health care lectures are also offered.

DRX 9000 LUMBAR DECOMPRESSION UNIT provides non-surgical state of the art medical breakthrough technology that treats chronic low back pain due to herniated lumbar discs, bulging discs, disc degeneration, facet syndrome, sciatica, and failed back surgery in people not responding to other forms of therapy.

FINANCIAL POLICY

Financial arrangements are discussed with you so that you are clear about our expectations and so that we understand how you intend to pay. Payment for the first visit is requested at the time that the services are rendered. We have many payment plans available, including a discount program - Preferred Chiropractic Doctor(PCD).

Most insurance and workers compensation will pay for chiropractic care. We will provide insurance billing as a courtesy.

We participate with the following major insurance companies:

- Blue Cross/Blue Shield of New Hampshire and Massachusetts
- Cigna
- Harvard
- United Health
- Health Care Value Management

We also submit claims to other insurance companies. Call our office to see if your insurance provider covers chiropractic care. We offer the following means of payment: Visa, MasterCard and Discover, and CareCredit.