



*Healing Hands*

*Low-Force  
Chiropractic*

*Dr. Sherri Prestwich*

***Tullahoma Location***

*515 NW Atlantic St  
Tullahoma, TN 37388  
(931) 455-6040.*

***Murfreesboro Location***

*3416 S. Church St.  
Murfreesboro, TN 37127  
(615) 663-1049*

**WELCOME!**

My name is Dr. Sherri Prestwich. I am a Doctor of Chiropractic (D.C.) graduate from Life University in Marietta, GA. I have been in private practice in Tullahoma since 1995 and in 2007 opened a satellite office in Murfreesboro. I am pleased that you are interested in Healing Hands for your care. I want you to be informed, in advance, of the specialized, low-force chiropractic care you will receive in this office and how it may benefit you. The chiropractic technique I use is called Directional Non-Force Technique (D.N.F.T.)<sup>R</sup> Chiropractic.

**D.N.F.T. chiropractic does not require any cracking, twisting or popping of the spine or X-rays!**

This low force alternative to forceful chiropractic techniques begins with a gentle challenge or push followed by a unique leg check. This test utilizes the body's natural reflexes to indicate directions of misalignment of structures that are producing nerve interference. In chiropractic, this combination of structural misalignment with nerve interference

is called a subluxation. When a challenge aimed at a structure in a specific direction produces a pull-up or shortening of the "reactive" leg during the leg check, then a misalignment has been found for that structure in that particular direction. The pull-up of the reactive leg is a reflex everyone has, and is typically ½-inch to one inch in magnitude and temporary, ending when the feet are released. Once every direction of misalignment for all subluxated bony and soft tissue is determined, then correction can be achieved. The correction involves a directionally specific thumb thrust aimed at each structural finding. This test and correction process can be applied to not only the spinal structures such as the vertebra, discs, ligaments, muscles, and ribs but also any other bony or soft tissue such as cranium/TMJ, shoulders, knees and unbalanced organ reflexes including the gallbladder, stomach and bowels. This detailed and comprehensive approach to the body's subluxations results in long lasting correction in a safe, effective manner with a low number of visits.

## CARE PLANS

Your initial visit will include a history, exam, diagnosis, and your first D.N.F.T. adjustment. A typical care plan ranges from 4 to 9 adjustments, but may be more or less depending on the nature of your condition. Thereafter, a maintenance care plan of 1 visit every 1 to 3 months is usually recommended assuming no aggravating factors or new traumas occur.

## PREVENTION

Resolving your case takes a team effort from both myself and you, the patient, and is significantly dependent upon you following your recommended care plans. Upon completion of your initial care plan, prevention of further problems can be aided by following your maintenance care plan. Remember, people who receive D.N.F.T. adjustments



report an increased ability to handle work- related and emotional stresses.

## OTHER SERVICES

A Licensed Massage Therapist and a Certified Iridologist/Herbalist are also available at Healing Hands to help you achieve total body health. For example, massage therapy is beneficial in stimulating blood and lymph fluid flow throughout the body as well as giving relief from sore muscles and joints. Iridology is the science of eye iris reflex analysis used to reveal the health condition of the various organs and tissues of the body. Based on these iris markings or signs, a health program including dietary changes, vitamin, and herbal supplements can be developed and tailored to each person's needs.

Schedule your appointment today:

Rachel Welch,  
*Certified Iridologist/Nutritional  
Consultant*

Tonya Allen, LMT  
*Allen Haven Therapies 615-494-3277*

## OFFICE HOURS

### **Tullahoma Location:**

MON. 9:00 A.M. - 6:00 P.M.

WED. 2:00 - 6:00 P.M.

THURS. 9:00 A.M. - 6:00 P.M.

*(Closed for Lunch from 1 to 2PM)*

### **Murfreesboro Location:**

TUESDAY & FRIDAY 1:00 - 6:00 P.M.

## LOCATION DIRECTIONS

### **Tullahoma:**

We are located on the corner of Blackwell St. and NW Atlantic St. Look for a blue house with white trim. The office entrance faces Atlantic St.

### **Murfreesboro:**

From Manchester: Take I 24 W to exit 81. Turn left at light and go approx. 2 miles to a brick house on the right with a blue sign in the yard.

From Nashville: Take I 24 E to exit 81A and go approx. 2 miles to a brick house on the right with a blue sign in the yard.

From Shelbyville: Take 231 N and go approx. 20 miles. Brick house will be on left just before Savannah Ridge subdivision. A blue sign is in the yard.