



What Is Intensive Spine Care?

Intensive Spine Care consists of treating a patient for 2 weeks 2 times a day 5 days a week for a total of 20 treatment visits.

Treatment times may vary between 1- 2 hours per treatment session.

The initial visit day will consist of a comprehensive consultation, examination, digital postural analysis, static and/or digital motion x-rays and a report of findings.

After the in clinic intensive spine care treatment is completed, the patient will return home to perform an in-home rehab program 2 times a day for 90-120 days and then reports back to Sunset Chiropractic and Wellness for a follow up orthopedic and neurological examination/posture analysis/x-rays and possibly another round of care in select cases.

Who Is A Candidate For Intensive Spine Care?

Intensive Spinal Care was developed and designed to help patients who do not live locally in Miami or within 1hr of our clinic. We treat patients from throughout the US and Internationally. All potential patients will complete a complimentary Zoom Meeting Consultation and/or a Phone Call Consultation with the doctor to discuss your individual case and review any needed diagnostics and records. Depending on the case you may need to send records and/or diagnostics (X-Rays/MRIs/CTs) through email or mail before your consultation. Instructions will be given to the potential patient by a new patient specialist when they call **305-275-7474** to schedule or complete an online appointment schedule request form through our website.

Intensive Spine Care

What Conditions Are Successfully Treated With Intensive Spine Care?

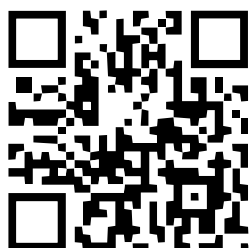
- Herniated Disc / Bulging Disc
- Lower Back Pain
- Mid Back Pain
- Neck Pain
- Migraine Headaches
- Chronic Headaches
- Arm/ Wrist Pain
- Carpal Tunnel Syndrome
- Leg Pain
- Sciatica
- Radiating pain/ Numbness/Weakness in the legs and arms
- Spinal Stenosis
- Scoliosis

What Is The Cost For Intensive Spine Care?

The cost is dependent on the amount and type of care needed in your individual case, diagnosis, severity, and other possible complicating factors. This information will be discussed during your complimentary consultation. Intensive Spine Care treatment can range from

\$3500 – \$10,000 in most cases.

What Is The Intensive Spine Care Treatment ?



Sunset Chiropractic & Wellness utilizes a synergistic structural correction chiropractic with active rehab system to rehabilitate the spinal condition dysfunctions causing the symptoms and functional loss.

The first step to recovery is identifying and understanding the cause of your health condition through our unique diagnosis procedures. The new patient process begins with a One on one detailed consultation to help the doctor understand your condition and symptoms.

Once the consultation is completed, a comprehensive examination consisting of orthopedic and neurological tests are performed to analyze and locate the abnormal functions of the spinal system.

Digital posture analysis and specialized x-rays are then performed and analyzed using 41 measurements and 23 angles to help locate the cause of your spinal conditions and symptoms.

Flexibility and Hydration Procedures

The first step in the rehabilitation of the spine, is known as the flexibility and hydration procedures, involves increasing spinal flexibility , spinal disc hydration, and decreasing tight muscles, ligaments, and tendons in the spine through the patient’s use of specialized equipment.

Alignment Procedures

Once the supporting spinal structures are rehydrated and flexible the doctor will then direct the spine into proper alignment based on 41 measurements and 23 angles through safe, gentle and effective spinal adjustments, referred to as the chiropractic alignment procedures.

Strengthening and Reeducation Procedures

The last step, the strengthening and reeducation procedures, is retraining the brain and strengthening the posture muscles

along the spine to get the body to hold the new positions naturally. This is achieved through the use of our specialized body weighting system combined with vibration therapy.

The vibration therapy strengthens postural muscles, decreases inflammation and pain, increases circulation, increases flexibility, and improves bone mass. After the in clinic intensive spine care treatment is completed, the patient will return home to perform an in-home rehab program 2 times a day for 90-120 days and then reports back to Sunset Chiropractic and Wellness for a follow up orthopedic and neurological examination/posture analysis/x-rays and possibly another round of care in select cases.

- Individual treatment protocol for each patient which best suits their schedule and healthcare needs.
- The treatment is strictly monitored by our specialists in the clinic.
- Individualized home rehabilitation programme and equipment for every patient to perform at home to facilitate continued healing while outside of the clinic.

“We have finally developed a promising protocol of care for treatment of patients that provides hope and possibly a solution to these physically debilitating spinal conditions for all patients around the world.” – Dr. Alfonso & Dr. Berry



AC Hotel by Marriott (Dadeland Mall)



Hampton Inn Dadeland



Rodeway Inn South Miami



Ronald McDonald House Charities

15% off Best Available Rate

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Car rental: <https://www.expedia.com>

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Must mention you are a patient of Dr. Alfonso at Neuropathy Relief Center of Miami when placing your reservation to receive the discounted patient rates
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Domestic and International Patients 21 and younger
No cost for accomodation and food is often donated daily for guests ***
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1145 NW 14th Terrace, Miami, FL 33136
+130532456838
<https://rmhcsouthflorida.org/>
Clinic Transportation:
Dadeland South Train and Bus 87 \$5.75 unlimited rides
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