

# Health & Wellness

## With Garden State Spine and Pain Institute

Chances are that you may have bumped into us before. Maybe it was at the Italian or Fall Festivals or maybe in an Ocean school during a Teacher Appreciation Day? Maybe you heard Dr. Raj speak at a Chamber event or maybe you see Dr. Mike shopping in Wegman's, or you work out with him in the gym. The point is, we get around, which is why we go the extra mile for our patients... we have to. Chances are we're going to bump into you again too!

### GARDEN STATE SPINE & PAIN INSTITUTE

Our mission is simple, to get our patients out of pain in a friendly, spa like, stress free environment and then challenge them and those around them to reach their optimum health and peak performance.

Our practice is simple! Medical doctors, Physical Therapists and Chiropractors working together as a TEAM. Complete Musculoskeletal care is only complete when it addresses both the Muscles and the Skeleton. Physical Therapists work on muscles and Chiropractors on the Skeleton, and our Medical Director supervises both sides of care. This TRIAD of care is the hallmark of Garden State Spine & Pain Institute and it is the combination of care that leads to permanent correction. "Getting people out of pain, while providing the highest level of patient care is our number one priority, says Dr. Michael LaCap, Medical Director at Garden State Spine & Pain Institute."

### PHYSICAL THERAPY

Our physical therapy department treats the body from head to toe restoring motion and function to achieve patient goals. In the treatment of spinal disorders, our state of the art spinal decompression table is often utilized with good results in conjunction to physical therapy treatment. Many of our patient's have prevented surgery and have had positive results even after receiving previous courses of physical therapy. Physical therapy also specializes in rehabilitation following any surgery. Physical therapists restore the body's proper mechanics to restore gait, joint motion, and function. Garden State Spine also implements a highly specialized approach in the

prevention and maintenance of osteoporosis and osteoarthritis."

### CHIROPRACTIC

Our team of chiropractors have over 50 years experience between them, and all specialize in identification and removal of subluxations, which are like kinks in a water hose. The removal of the subluxation restores proper nerve flow of the nervous system allowing people to live life without interference or things getting on their nerves. Ever hear the expression, "you are getting on my last nerve", or "stressed out"? What we are referring to is our nervous system which acts like a telephone cord between our brain and the rest of our body. We can eliminate a great deal of stress or interference on our telephone line when removing all the kinks in the hose. Can you hear me now?!

### ACUPUNCTURE

Over one third of the world's population has used Acupuncture as a primary form of medicine for thousands of years. Acupuncture is a branch of traditional Chinese medicine that encourages the body to promote natural healing and to improve overall function. Through chi regulation within the meridian correction of imbalances in the physical body as well as release of excess emotional stress can be obtained. "Acupuncture is an effective treatment modality in itself, but when combined with Chiropractic and Physical Therapy, the results can be tremendous", says Scott Bendell, lead Acupuncturist at GSSPI. In addition to assisting in the relief of musculoskeletal aches and pain, Acupuncture allows you to get in touch with your mind / body connection. Many insurances now cover acupuncture.

### PAIN MANAGEMENT

Though we are very conservative with treatment and care, in order to prevent surgery, medical intervention is often warranted. At Garden State Spine & Pain Institute we provide relief for both pain and numbness and tingling in the arms, hands, fingers, legs and toes. This pain is usually caused by disc herniations, bulges and other disc disorders, and responds well from either epidural or facet block injections. These injections are performed by

our Medical Director, Dr. Michael LaCap, and are a less invasive option to surgery.

The addition of Pain Management allows GSSPI to provide treatment for ALL musculoskeletal ailments EXCEPT surgery. Our team of experts are ready to provide you with the necessary attention to correctly diagnose and then resolve your problem.

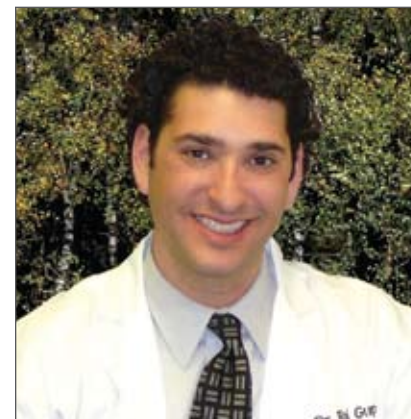
I am Dr. Raj Gupta, co-founder of Garden State Spine & Pain Institute, and am happy to announce that our staff of physicians will be writing a monthly article in the OCEAN TODAY specifically devoted to maintaining a healthy lifestyle. We have built our practice, by providing a genuine interest in our patients' health, showing people how to become healthier. True Health Care can prevent Sick Care. That fact is, we treat everyone the way we would want to be treated ourselves, like family, which is why we treat many of the doctors and families who live here in Ocean. ■

*We ARE the Doctors  
You've been Aching for!*  
**GARDEN STATE SPINE  
& PAIN INSTITUTE, LLC**  
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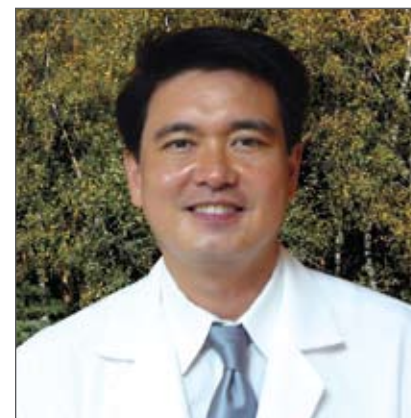
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