



Dr. Taylor Scott

Lake Cities Chiropractic Center

4451 FM 2181 Ste. 120 Corinth, Texas 76210
Phone: 940-497-3147 Fax: 940-497-3148
E-mail: llake000@centurytel.net



Lake Cities Chiropractic Center

4451 FM 2181 Ste. 120 Corinth, Texas 76210

Phone: 940-497-3147 Fax: 940-497-3148

E-mail: llake000@centurytel.net

Dear Sir or Madam:

Thank you for your time and interest in Lake Cities Chiropractic Center. We have provided this packet of information so that you may become more familiar with our services. Chiropractic is a natural alternative to symptom based care and management, this means solving the problem instead of fixing the symptom. We take pride in providing high quality, professional, patient focused services in a comfortable, caring atmosphere. We look forward to the opportunity of working with you.

Currently we are accepting the following types of cases:

- ❑ Sports injuries
- ❑ Workers compensation
- ❑ Personal injury/ Auto
- ❑ Spinal and Extremity pain associated with Pregnancy
- ❑ Wellness and family Care
- ❑ Children are always welcome
- ❑ Personal Training, Workout design and Exercise programming
- ❑ Digital Posture Examinations
- ❑ Active therapy and Rehabilitation
- ❑ FootLeveler's Orthotics Digital Scanning and Fitting
- ❑ Spinal Decompression Therapy (Triton DTS)
- ❑ Most major medical insurance plans are accepted.

We appreciate your time and allowing us to share this information with you.

Dr. D. Taylor Scott
Lake Cities Chiropractic Center

We Are A Participating Provider For The Following:

- ❑ American Specialty Health Networks
- ❑ PacifiCare of Texas HMO, PPO (ASHN)
- ❑ Providence Health Plan (ASHN)
- ❑ Secure Horizons
- ❑ Unicare HMO and PPO
- ❑ United Health Network HMO, PPO
- ❑ United Health Care HMO, PPO (ASHN)
- ❑ Western Diversified Life Insurance
- ❑ PHCS
- ❑ Aetna PPO
- ❑ First Health
- ❑ Blue Cross Blue Shield PPO (BlueLink ID: 8282697)
- ❑ Texas True Choice
- ❑ ChoiceCare Network of Texas
- ❑ First Choice
- ❑ Medicare (ID: 653072)
- ❑ Texas Workers Compensation
- ❑ American Whole Health Network
- ❑ American Chiropractic Network
- ❑ GE Wellness, Signature Benefit Plans 20%
- ❑ One Health Plan (Great West Life)
- ❑ Galaxy Health Network
- ❑ Continental Health Network
- ❑ Metrahealth (United Health)
- ❑ Mail Handler's Benefit Plan
- ❑ Multiplan PPO / Preferred Plan
- ❑ Postmasters Benefit Plan
- ❑ Beech Street Corporation
- ❑ ppoNEXT (CBA, CoServe, REA)
- ❑ Luminous
- ❑ American Healthcare Alliance
- ❑ HealthSmart Preferred Care
- ❑ Fortified Provider Network (FPN) - FHA
- ❑ Healthcare Networks of America

Services We Provide

- ❑ **Superficial Moist Heat** - Using heat to calm tissues suffering from long term spasm or irritation is an easy way to increase flexibility, range of motion, and promote increased circulation to speed the healing process.
- ❑ **Ice (Cryotherapy)** - Used to help reduce swelling and inflammation. It constricts peripheral blood vessels and is effective in preventing post traumatic swelling. Numbs localized areas to reduce pain. Reduces muscle spasms and pain. It decreases the metabolic rate of damaged tissues. Ice therapy also contracts elastic tissue and controls hemorrhage.
- ❑ **Intersegmental Traction** - Since discs have a poor blood supply, they get nutrients from the circulation of fluids surrounding spinal joints. Fixations, (Subluxations), prevent this natural circulation and can cause disc thinning and degeneration. Intersegmental traction helps increase and restore necessary elasticity and motion to the spine.
- ❑ **Electrotherapy** - Electrotherapy is most often used for pain relief and to aid in reducing the swelling of soft tissues. Ligament sprains, muscle strains and spasms respond to this treatment, helping to reduce atrophy and increase blood circulation to the tissue. Some types include; interferential, high volt, low volt, VMS, and Russian.
- ❑ **Ultrasound** - Is highly effective in treating calcium deposits, reduces nerve root irritation, increases blood flow, relaxes muscle spasm, massages damaged tissues and speeds the healing process. It reduces edema, increases intracellular metabolism and acts as a local anesthesia producing immediate relief of pain.
- ❑ **Microcurrent Therapy** - Reduces swelling, inflammation and pain, improves soft tissue regeneration, releases muscle trigger points, speeds the healing process. Microcurrent enhances the body's own healing properties by producing extremely small amounts of electrical currents much like those naturally occurring when the body is repairing damaged tissues. Proven to speed up the healing process of fractured bones.
- ❑ **Therapeutic Exercises** - Directed at the restoration of function and mobility. Restores muscle tone, decreases fibrotic scar tissue, increase elasticity and muscle strength. Therapeutic exercise increases range of motion, retrains damaged muscles and helps strengthen spinal integrity.
- ❑ **Neuromuscular Reeducation** - Used to reeducate patterns of movement, balance, coordination, kinesthetic sense, posture, and proprioception of the body.
- ❑ **Trigger Point Therapy** - Reduces chronic muscle spasms. Trigger point helps to avoid scar tissue, and improves muscle tone, promotes healing and range of motion in damaged soft tissue.
- ❑ **Radiology** - We offer on-site x-ray examinations with development, interpretation, and report of findings on the initial consultation visit.
- ❑ **Myofascial Release** - Used to ease the effect of myofascial pain and to reduce the contraction of striated skeletal muscles through forceful interaction on the sarcomeres of the muscle structure itself.
- ❑ **Spinal Decompression** - Spinal Decompression is a safe, and very effective surgery alternative. It's proven to be extremely useful in treating bulging discs, herniated discs, pinched nerves, sciatica, radiating arm pain, headaches, and facet syndromes.
- ❑ **Digital Posture examinations** - Posture examinations aid both the doctor and the patient in recognizing muscle weakness and imbalance, joint dysfunctions, and poor biomechanics of the spine and extremities.
- ❑ **Footlevelers Orthotics Scanning** - A spinal pelvic stabilizer is an insert placed in your shoe to help improve your body's balance, posture, and alignment. Stabilizers are the only orthotics designed to support all three arches of the foot. By providing proper support for your feet, stabilizers help create a balanced foundation for your body.
- ❑ **Paraspinal Thermal Imaging** - The nervous system uses vasoconstriction and vasodilation of the capillary bed to help regulate body temperature. Irritations cause the skins natural temperature symmetry to fall out of balance from left to right side of the spine. In under 15 seconds the Tytron can be used to detect these areas of asymetry as well as indicate areas of soft tissue damage either acute or chronic. The Tytron uses precision sensors, specialty lenses, and a unique focusing system to give you the most accurate and repeatable information possible.

- ❑ Sport and Workout injury specific rehabilitation and therapy.
- ❑ Functional (Core) Assessments - muscle imbalances, weakness, nerve damage, postural alterations, and balance/coordination.
- ❑ Nutritional and Supplement Counseling.
- ❑ Pre-Participation Examinations.
- ❑ Program Design and Maintenance including strength training, sport specific training, weight management.
- ❑ Body Fat and Girth Measurements.
- ❑ Goal Oriented Accountability Programs including:
 - ❑ Daily, Month to month, Quarterly and Yearly Plans for:
 - ❑ Diet
 - ❑ Strength training
 - ❑ Aerobic Fitness
 - ❑ Anaerobic Fitness
 - ❑ Patients/Clients are kept up-to-date with documentation on their progress.
- ❑ Work specifically with existing trainers on specializing workouts for injuries, postural alterations and functional deficiencies.
- ❑ Improving Joint function and Flexibility.

- ❑ We want to help our patient's in maximizing goals, injury recovery, and overall health and wellness.

Why we are different

- ❑ Appointments available on the same day in most cases.
- ❑ Evening and weekend appointments available.
- ❑ Convenient patient scheduling.
- ❑ Latest technology.
- ❑ Convenient location - Albertson's shopping center of Corinth
- ❑ Radiological studies done in house and interpretation on the initial visit (if required.)
- ❑ Patient parking at the front door.
- ❑ Warm, caring staff.
- ❑ Gentle, safe techniques and therapies (Activator, Thompson, Diversified)
- ❑ Christian atmosphere.

Lake Cities Chiropractic Center takes pride in providing high quality, professional, patient focused services in a warm, caring atmosphere. Let us take care of you and/or your employees the way they should be cared for when receiving chiropractic care. Patient care and quick recovery are our highest goals.

CURRICULUM VITAE

Taylor Scott D.C., CSCS, NSCA-CPT

Lake Cities Chiropractic Center

4451 FM 2181, Suite 120

Corinth, TX 76210

Clinic: (940) 497-3147 Cell: (940) 595-6329

Fax: (940) 497-3148

EDUCATION

- Parker College of Chiropractic, Dallas, TX
September, 1997- September, 2000 - Doctor of Chiropractic
September, 1997- September, 2000 - Bachelor of Science, Human Anatomy
- Abilene Christian University, Abilene, TX
August, 1992- May, 1997 - Bachelor of Science, Biology, Pre Professional

WORK EXPERIENCE

- October, 2000 - Present : Chiropractor/Owner
Lake Cities Chiropractic Center, Corinth, TX
- August, 2002 - 2003 : Personal Trainer, Group Fitness Instructor
Kensington Park, Corinth, TX
- June, 2001 - August 2002 : Master Personal Trainer
Health and Athletic Center, Lewisville, TX
- August, 1997 - December 1997: Lecture/Lab instructor, Microbiology Dept.
Abilene Christian University, Abilene, TX

CONTINUING EDUCATION

- Parker College of Chiropractic 16 hours req. Homecoming and Re-licensure 2000-2007

CERTIFICATIONS

- Texas Workers Compensation ADL Level 2 Certified
- Certified Strength and Conditioning Specialist, NSCA, 2000
- Certified Personal Trainer, NSCA, 2001
- Club Coach Certification, USA Olympic Weightlifting , 1999
- Basic Trainers Certification, Parker College of Chiropractic, 2000
- Activator Methods - Basic Protocol, Parker College of Chiropractic, 2000
- Parker School for Professional Success (PSPS), 1997
- Texas Board of Chiropractic Examiners, 2000
- National Board of Chiropractic Examiners, 2000
- Oxygen Administration, Parker College of Chiropractic, 1999
- Preventing Disease Transmission, Parker College of Chiropractic, 1999
- Emergency Response, Parker College of Chiropractic, 1999
- First Aid, National Safety Council, 1999
- CPR for Healthcare Providers, American Heart Association, 1999