

# MEET OUR PROVIDERS

## **Dr. Rae**

An Arizona licensed chiropractor since 2009, who is interested in helping patients reach their health potential by introducing and applying chiropractic techniques. He works with patients to create a treatment plan that improves quality of life measures in both the short and long term. His chiropractic approach helps patients realize that they do not need to live in fear of back pain and other painful conditions. Instead, patients can experience measurable results that are obtained in a supportive and proactive environment.

## **Susan Luo**

An Arizona licensed acupuncturist who began practicing her technique in China in 1983. Acupuncture is an alternative medical practice used to treat: pain, allergies, anxiety/depression, Bell's Palsy, Chronic Fatigue Syndrome and many other ailments. By inserting and manipulating needles at certain points of the human body, Ms. Luo's patients have reported improved health conditions and increased quality of life satisfaction.

## **Laura Ornelas**

An Arizona licensed massage therapist since 2003 who performs a variety of massage modalities ranging from relaxation to deep tissue massage. Massage therapy can also help reduce fatigue. Massage therapy can also help reduce fatigue. Laura teaches patients with how to help them heal themselves. She renders compassionate and professional care to patients. Her massage techniques not only help patients heal from injury, they also promote relaxation from their daily stress.

For more information, or  
to make an appointment call:  
**(602) 528-1219 or (602) 528-1218**

Conveniently located at  
Hu Hu Kam Memorial Hospital

### **Inpatient Unit**

(near the cafeteria on the south side of the hospital)

**483 West Seed Farm Road  
Sacaton, AZ 85147**

Komatke Health Center

**Shegoi Building  
17487 South Healthcare Drive  
Laveen, AZ 85339**



**Gila River**  
HEALTH CARE

## **ALTERNATIVE THERAPIES PROGRAMS**

Services provided for

**Gila River Indian Community members only:**

- Acupuncture
- Chiropractic
- Massage



**Gila River**  
HEALTH CARE

# ALTERNATIVE THERAPIES PROGRAMS

## Acupuncture Services

Acupuncture an ancient practice, has been used in China and other Asian countries for centuries. Acupuncture is a medical therapy used to treat and relieve the symptoms of a wide range of diseases or conditions such as allergies, pain or depression. The provider inserts and manipulates fine needles at selected points on the skin. Acupuncture is a very safe treatment without side effects, and has become very popular due to the patient's increased desire for alternative medical treatment and therapies.



## Chiropractic Care

The goal of chiropractic therapy is to enhance the relationship or function between the body's spinal structure and the nervous system. Chiropractic care focuses on the patient's overall wellbeing, and is a natural, drug-free, and non-surgical approach to healthcare. The most common procedure performed is known as a "spinal manipulation" or "chiropractic adjustment".

As a result of a chiropractic adjustment, the following outcomes may occur: correct spinal alignment, improved physical function, restored and/or improved mobility, pain alleviation and tissue healing.



## Massage Therapy

Massage is known as one of the oldest natural healing arts. Historically, ancient Chinese, Persians and Egyptians practiced many forms of massage to treat ailments. Massage is performed by applying manipulation techniques using the hands and/or forearm to the soft tissue of the body. Massage is intended to reduce stress and fatigue while improving circulation, relaxation and overall wellbeing.

### The benefits of massage therapy include:

- Decrease in pain and inflammation
- Tension release and muscle spasm relief
- Alleviation of stress by loosening muscles

### Massage therapy should be avoided if you have any of the following conditions:

- Open wounds or burns
- Cancer
- Varicose veins
- Take alcohol/drugs
- Massage Therapy should be avoided if less than 12 weeks pregnant.

