

Cedar Mill Chiropractic treats a wide variety of issues, including:

- Accident Injuries
- ADHD
- Arm Pain
- Arthritis
- Back Pain
- Carpal Tunnel Syndrome
- Chronic Neck Pain
- Degenerative Disc Disease
- Elbow Pain
- Fibromyalgia
- Foot Pain
- Herniated Discs
- Hip Pain
- Joint Pain
- Knee Pain
- Lower Back Pain
- Lumbar Injuries
- Migraine Headaches
- Muscle Pain
- Neck Pain
- Osteoarthritis
- Pinched Nerves
- Rotator Cuff
- Ruptured Disc
- Sciatica
- Scoliosis
- Shoulder Pain
- Shoulder Injuries
- Slipped Discs
- Sports Injuries
- Subluxation
- Tendonitis
- Tennis Elbow
- Whiplash
- Wrist Pain
- ...and more.

## Dr. Lauren McCabe, D.C.



Dr. Lauren McCabe is dedicated to improving the quality of life of and promoting the health and well being of each and every patient she works with.

Using a "whole person approach" to patient care, Lauren combines the very best hands-on-techniques and state of the art physiotherapy procedures, as well as providing the newest and best natural vitamins and mineral supplements available to help patients accelerate and/or maintain their journey to good health.

Dr. McCabe has completed extensive post-graduate training in sports medicine and nutrition and has been selected to treat elite athletes at the 2006-08 Dew Action Sports Tours, 2008 USA Triathlon National Championship, the 2008 US Olympic Trials for Track and Field, and 2009 US Fencing Championship.

In her free time, Lauren participates in area running events, snowboarding, skiing, and is also a professional swing and salsa dance instructor and performer.

### Education:

- B.S., Psychology, University of Illinois, 2001
- D.C., Chiropractic, summa cum laude, Western States Chiropractic College, 2006
- Graston Technique certification, 2008

### Licensure:

- National Board of Chiropractic Examiners, certified 2006
- Licensed in Oregon and Washington States, 2007-present

### Memberships & Associations:

- American Chiropractic Association
- Chiropractic Association of Oregon
- American Chiropractic Association's Council on Physical Fitness and Sports Injuries
- American Chiropractic Association's Council on Nutrition
- President, Cedar Mill Business Association 2008-09

**CedarMill**  
**Chiropractic**  
**Clinic**

13321 NW Cornell Road  
Portland, Oregon 97229  
(503) 646-3393  
info@cedarmillchiro.com  
www.cedarmillchiro.com



# Get past the pain.

# Get back to life!



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# Get past the pain. Get back to life!

If you've suffered an auto accident injury or sports injury resulting in back or neck pain, whiplash or joint pain, or simply experience the pain that carpal tunnel syndrome causes, you know how pain can get in the way of the life you want to lead.

The health care professionals at Cedar Mill Chiropractic can help you get past the pain and get back to life!

At Cedar Mill Chiropractic, you won't be treated like a number or talked down to as if you're exaggerating the pain you feel or don't understand what you're experiencing. You understand your body better than anyone else and your chiropractic treatment must be based on that - we'll never take lightly the pain you feel. Dr. Lauren McCabe and the Cedar Mill team will engage you as an active partner and provide your chiropractic care with a holistic, evidence based approach incorporating not only chiropractic adjustments, but therapeutic exercises, massage therapy, and nutrition, so the need for prescription medications is significantly reduced or eliminated altogether.

**Call Cedar Mill Chiropractic Clinic today at 503.646.3393 and get past the pain so you can get back to life!**

## Chiropractic Care

We provide advanced spinal correction utilizing "state of the art" chiropractic techniques. These newer correction methods are even safer, more comfortable and more effective than ever before.



## Physiotherapy

To complement and enhance the healing effects of your chiropractic treatment, the Cedar Mill Chiropractic Clinic also provides the following physiological therapeutic procedures:

- Ultrasound
- Interferential electrical muscle stimulation
- Mechanical traction
- Cryotherapy
- Moist heat therapy
- Laser therapy
- Graston Technique
- Kinesiotaping
- Work hardening rehabilitation program

## Corrective Exercises

We teach special "blueprint" exercises designed specifically for each patient to help strengthen and correct their own unique problem, targeting skeletal misalignment, muscles and connective tissues. These exercises can be performed at home and can improve the effectiveness of spinal corrections by as much as 30-40%. Specific exercises and stretches can help your body stay in balance and in health.

## Massage Therapy

Massage therapy is provided in house by Aimee Perkins, a licensed massage therapist in the State of Oregon (#7954). Aimee has extensive training in rehabilitative and relaxation massage, Thai massage, stretching and shiatsu.

## Spinal & Postural Screenings

Posture and spinal screenings can reveal important health information and unlock the door to improved health and well-being. We provide screenings at area malls, community events, health fairs and places of employment. Contact us today to arrange a screening at your event or workplace.



## Lifestyle Advice

The Cedar Mill team will often "coach" you on certain activities you should avoid or do differently to avoid aggravating your particular health challenge. Our goal is to help you achieve a fulfilling and happy lifestyle full of the activities you enjoy most. We also recognize that you are a whole person, and strive to help you reach true health and wellness in all areas of your life.

## Nutritional Assessment

We provide specific recommendations on nutritional supplements and healthy food choices to enhance your return to optimal health. Dr. McCabe can provide a structured nutritional program based on your individual needs. As part of your nutritional assessment, we also offer bloodwork (e.g., fasting glucose, cholesterol, comprehensive metabolic panel, etc.) at a reduced rate from typical laboratory fees, as well as weight management and detoxification programs supervised by Dr. McCabe.

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