



MIDWEST INSTITUTE
FOR SPINAL CARE

Dr. Thomas J. Lonergan, B. Sc., D.C.

Clinic Director

956 Old State Route 74, Suite 3

Batavia, Ohio 45103

Phone 513-257-0102

Fax 513-943-9131

www.mifsc.com

Services We Provide

Spinal Disc Decompression

Spinal Disc Decompression uses computer-aided technology to apply gentle, non-surgical decompression to the spine. This increases circulation into the spinal discs and joints which aids in the relief of pain and dysfunction.

Decompression is a treatment that has shown to be effective in mild to severe cases of disc protrusion, degeneration, and herniation, arthritis, facet syndrome, spinal stenosis, sciatica, post surgical pain, and chronic neck, back, and leg pain.

Low Level Cold Laser Therapy

Low Level, Cold or Sport Laser Therapy is a treatment by which a laser is utilized to treat chronic and acute pain. Laser therapy is used for persons suffering from back and neck pain, musculoskeletal pain, joint pain associated with arthritis, fibromyalgia, tendonitis, bursitis, neuropathy, achilles tendon pain, migraine headaches, sprains and strains, carpal tunnel and other associated pains.

Core Strengthening

For maximum health and wellness, the spine must be strong, flexible and unimpeded in its movements. The core spinal muscles connect to the spine, pelvis, and shoulders to create a solid foundation of support. The MIFSC Spine Force system helps to strengthen core muscles and improve balance and coordination.

Rehabilitation

SpineForce™ effectively optimizes the biomechanics of movement in all sports, aiding athletes or sports enthusiasts to develop dynamic motion by exercising the muscles most frequently used.

Balance Disorder Restoration

We offer a high-tech approach for identifying risk factors for falls, as well as customized treatment plans using state-of-the-art technology and equipment.

Wellness Care

Appropriate preventive and maintenance practices are key, to not only ensure your current good health, but also to prevent potential problems later on.