

Our Office and Mission

Symmes Chiropractic is a contemporary holistic facility that delivers individualized and professional healthcare helping the greatest number of people achieve and express their highest quality of health.

Our objective is to exceed patient expectations through education, treatment and caring service in a calm and warm environment.

Lori Piehl-Panyko, D.C.

Dr. Piehl received her Bachelor's Degree in Biology from Miami University. She graduated from Palmer College of Chiropractic in 1999.

Dr. Piehl has received extensive postgraduate training in nutrition, pediatrics, and manual soft tissue techniques. Dr. Piehl is certified in Applied Clinical Nutrition.



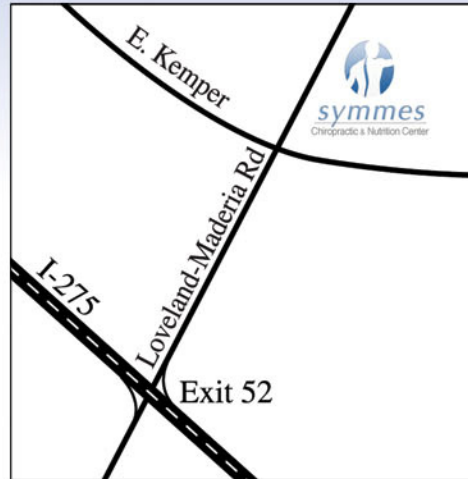
M. Jay Panyko, D.C.

Dr. Panyko received his Bachelor's Degree in Biology from Bloomfield College (NJ). He graduated from Palmer College of Chiropractic in 1999.

Dr. Panyko has received additional postgraduate training in soft tissue injuries, physiotherapy, rehabilitation and nutrition. Dr. Panyko is certified in Applied Clinical Nutrition and is the only practitioner in Cincinnati with Advanced Clinician Training in Nutrition Response Testing (NRT).

Convenient Location

Symmes Chiropractic is located on Loveland-Madeira Rd., just 1 mile NORTH on I-275 (Exit #52, Loveland / Indian Hill) at the intersection with E. Kemper Rd.



Hours and Appointments

The office has convenient early morning and late evening hours Monday through Saturday.

Call for an appointment at 583-8000 or request online through our website.

Most health insurance is accepted and filed.

symmes

Chiropractic & Nutrition Center

10568 Loveland-Madeira Road

Loveland, OH 45140

513.583.8000 ph.

513.583.5040 fax

info@symmeschiro.com

www.symmeschiro.com

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*Maximize Function.
Optimize Health.*

Services

Our services encompass all aspects of health. We focus on holistic practices, which are highly effective and non-invasive. The services delivered are tailored to the specific health goals of the individual, from fast relief to long-term support and prevention.

Chiropractic

- Traditional Palmer Techniques
- Impulse Adjusting Instrument
- Light Force Adjusting / Activator
- Manual Soft Tissue Techniques
- Active Release Technique (A.R.T)
- Scar Tissue Release Therapy
- Kinesio-Taping
- Full Body and Spine Care
- Acute Injuries to Chronic Conditions
- Various Physiotherapies

Nutritional / Dietary Services

- Nutrition Response Testing (N.R.T.)
- Nutritional and Dietary Guidance
- Specific Nutritional Support Regiments
- Daily Preventive Programs
- Whole Food Supplementation
- Blood and Saliva Analysis Studie• Carpal Tunnel

Lifestyle Modification

- Exercise / Body Mechanics
- Reconditioning / Home Rehabilitation
- Posture and Ergonomics

We also carry a broad line of products including Standard Process, Biotics, Coromega, Biofreeze, Heel, and Core pillows to name a few.

Chiropractic

Chiropractic care focuses on the relationship between body structure (spine and extremities) and body function (nervous system) and how that relationship affects one's health.

Without the use of drugs or surgery, Chiropractic care increases function and restores health, by normalizing body structure, joint motion, nerve function and soft tissue balance.

Simply put, Chiropractic helps the body remove the barriers that are preventing the body from functioning at it's optimum.

Some conditions that respond well to Chiropractic:

- Headaches
- Neck, Mid and Low Back Pain
- Radiating Pain / Sciatica
- Spinal Disc Conditions
- Carpal Tunnel
- Arthritis / Degeneration
- Joint and Soft Tissue Injuries
- Whiplash and Extremity Injuries
- Plantar Fasciitis
- Posture and Repetitive Motion Conditions

Patients often find a variety of other conditions respond to chiropractic care.

A complete history and evaluation is performed to determine the need and type of treatment to maximize effectiveness. All findings and treatments are thoroughly explained. We work with many other alternative and traditional health care providers. Questions are always encouraged.

Nutrition

Proper nutrition is essential for the body's regeneration, function, growth and disease prevention. Today's food is synthetically altered and nutritionally void leading to deficiency and toxicity. Commonly, this is the start to most disease and illnesses.

Most know they need to improve their diet or need supplements but are not sure how to approach it. Our range of services will help answer questions many people have, such as...

- What should I eat?
- Am I getting enough of what I need?
- What should I take? How much?

Some categories of Nutritional Support:

- Prevention / Wellness
- Digestive Support
- Hormone Balancing
- Cholesterol / Fats
- Blood Sugar Regulation
- Degenerative / Arthritic Conditions
- Bone Density / Support
- Detoxification / Weight Loss
- Pain / Soft Tissue Healing
- Pediatric Health
- ADD / ADHD
- Fertility Issues

Lifestyle Modification

For other ways to enhance and maintain health, we help foster positive mental and physical changes for people who have the desire to reach their peak health and vitality.

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