



CONTRARY TO POPULAR BELIEF

You don't have to live the rest of your life in pain or on medication. You can reverse disease, reduce high blood pressure, lose unwanted weight, lower your cholesterol levels, prevent heart disease and cancer, and **improve your health** — all without relying on drugs or fad diets.



MEET DR. MICHAEL MAJETTE

Dr. Mike is a native of Lakeland. He graduated from Florida Southern College and Texas Chiropractic. He has been practicing in Lakeland since 2003 and started Advanced Spinal Care in 2008.

Dr. Mike is committed to raising his profession to a new gold standard by creating a practice focused on achieving the best health possible for his patients and the surrounding communities.

As a Chiropractor with experience, Dr. Mike promotes optimal health and the well being of patients by addressing conditions with a "whole body approach". This approach to care means looking for underlying causes of any disturbance or disruption and making whatever interventions and lifestyle adjustments necessary to optimize the conditions for normal function. Using this unique approach, Dr. Mike and his staff are able to help you accelerate and/or maintain your journey to good health.



Menu of Services & Pricing

3628 Harden Boulevard | Lakeland, FL 33803
863.701.2225 ph 863.701.2221 fax
www.lakelandasc.com



ADVANCED
SPINAL CARE

CHIROPRACTIC & REHAB OF LAKELAND

We are dedicated to helping you achieve your wellness objectives through various treatments and services.

HEAL. RELAX. LOOK GOOD. FEEL GREAT.



CHIROPRACTIC CARE

Physician Consultation: \$25.00—\$50.00

New Patient Exam: \$65.00

Digital X-Ray: \$75.00—\$250.00

Spinal Manipulation: \$40.00—\$45.00

Medical Massage Therapy: \$40.00/half hour

Physical Therapy: \$40.00/half hour

Spinal Decompression: \$30/session

Electrical Stimulation: \$10.00

Ultrasound and Paraffin: \$20.00

School Physicals: \$35.00

MEDICAL/NERVOMUSCULAR MASSAGE THERAPY

Medical Massage is results-oriented and the treatment is specifically directed to resolve conditions that have been diagnosed and prescribed by a physician. The therapist may use a variety of modalities or procedures during the treatment that may include addressing trigger points (tender muscles points), circulation, nerve compression, postural issues, and biomechanical problems that can be caused by repetitive movement injuries.

30 Minutes: \$40.00

60 Minutes: \$70.00

90 Minutes: \$95.00

RELAXATION MASSAGE THERAPY

Express: 30 min/\$40.00

Take a quick break from your day to rejuvenate and refresh with our Express Treatment (Choose upper or lower body).

Swedish: 60 min/\$70.00 | 90 min/\$95.00

Reawaken visions of deep relaxation using light to medium pressure to relieve tension.

Therapeutic: 60 min/\$70.00 | 90 min/\$95.00

A form of soft tissue manipulation that aims to treat underlying causes of chronic pain involving the muscular and nervous systems.

Deep Tissue and Sports:

60 min/\$80.00 | 90 min/\$110.00

This treatment uses specific massage techniques to manipulate deeper tissues and muscles of the body, targeting areas of concern.

Pre-Natal: 60 min/\$70.00 | 90 min/\$95.00

Realign and refocus your body. This treatment alleviates pelvic pressure, eases back pain, and assists in reducing swelling.

Hot Stone: 60 min/\$95.00 | 90 min/\$110.00

Experience strategically placed hot stones loosening tight muscles instantly. Your entire body will be treated to a therapeutic and supremely relaxing experience.

Four-Hands: 60 min/\$190.00

The ultimate body massage! Two highly skilled therapists working together in a choreographed manner to heighten your massage experience. Meaning you will receive double the relaxation and therapeutic benefits in half the time with benefits that last 4x longer.

NUTRITION

To be your best, you must eat the best.

Perhaps you already know this, but it doesn't always make it easy to live that way. Our comprehensive nutrition program will teach you how to use high-nutrient foods to:

- Lose weight and keep it off
- Lose cravings and food addictions
- Overcome disease
- Reverse diabetes
- Lower your blood pressure and cholesterol without medications
- Protect yourself against cancer
- Get more pleasure out of eating

30 Minute Consultation: \$50.00

60 Minute Consultation: \$100.00

Group Sessions: \$20.00/session

PERSONAL TRAINING

One-on-One Personal Training:

30 min/\$25.00 | 60 min/\$50.00

Group Exercise Program:

\$60.00/month | 3 sessions/week

Complimentary Session Available!

We accept and are in-network with most major health insurance plans...

The pricing above may vary if you plan to use your health insurance. Please allow us to verify your benefits so that we may give you an accurate quote for treatment based on your coverage in our office.

TO SCHEDULE AN APPOINTMENT CALL
863.701.2225 OR VISIT US ONLINE AT LAKELANDASC.COM