

## WHAT KINDS OF CONDITIONS DOES DR. SNIEZEK TREAT?

Dr. Sniezek treats individuals with a wide range of problems from sore shoulders to spinal cord injuries. Dr. Sniezek treats patients with acute and chronic pain in musculoskeletal disorders. This may include a person who lifts a heavy object at work and experiences back pain, a basketball player who sprains an ankle and needs rehabilitation to play again, or a knitter who has carpal tunnel syndrome.

Acupuncture needles are very thin and solid and are made from stainless steel. The point is smooth (not hollow with cutting edges like a hypodermic needle) and insertion through the skin is not as painful as injections or blood sampling. The risk of bruising and skin irritation is less than when using a hollow needle.

Because we use only single-use sterile disposable needles, there is no risk of infection from the treatments.

## WHAT KINDS OF TREATMENTS DOES DR. SNIEZEK OFFER?

Dr. Sniezek offers a broad spectrum of medical services. Physiatrists may use diverse therapies such as trigger point injections, traditional medicine, heat and cold packs, electrotherapies, massage, biofeedback, traction, and therapeutic exercises. He may also prescribe drugs or assistive devices, such as a brace or artificial limb. In addition, beyond traditional physiatry, Dr. Sniezek, with his chiropractic and acupuncture background, is able to provide alternative treatments, such as chiropractic/osteopathic manipulation and medical acupuncture.

## FINANCIAL POLICY

Payment for services rendered is due at the time the services are performed. Dr. Sniezek participates with some insurance companies; however, most insurance carriers only cover a portion of the actual cost. For these reasons, it is important for the patient to keep an ongoing account throughout the course of their treatment. The remaining balance is always the responsibility of the patient.

*Source: American Academy of Medical Acupuncture*



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## ADVANCED INTEGRATIVE REHABILITATION AND PAIN CENTER

PERSONALIZED  
TRADITIONAL AND  
COMPLEMENTARY  
HEALTH CARE NEEDS

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*“Excellence in Rehabilitation”*

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*Physical Medicine & Rehabilitation  
Medical Acupuncture & Pain Management  
Chiropractic & Sports Medicine  
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# Welcome

Thank you for choosing Dr. Sniezek for your health care needs. Dr. Sniezek and his staff are committed to providing excellent health care services to you and your family. As a medical doctor specializing in *Physical Medicine & Rehabilitation*, Pain Management, Chiropractic, and Medical Acupuncture, Dr. Sniezek uses a powerful combination of traditional and alternative medicine to help restore function, decrease pain, and improve overall health. Dr. Sniezek also focuses on maintaining good health and preventing disease.

## About DAVID P. SNIEZEK, DC, MD

One of *Washingtonian Magazine's* "Top Doctors", Dr. Sniezek is a medical doctor, a chiropractic physician, and a medical acupuncturist specializing in Physical Medicine and Rehabilitation (George Washington University Medical Center, 1989) and Pain Management. He is Board Certified and a Fellow of the American Board of Medical Acupuncture (2007), National Board of Chiropractic Examiners (1979), American Academy of Pain Management (1991), and the American Board of Quality Assurance and Utilization Review Physicians (1995). In addition, Dr. Sniezek is a Fellow of the American Institute of Healthcare Quality (2007). Dr. Sniezek has been recognized by *Washingtonian Magazine* as an outstanding specialist in the field of Rehabilitation for 15 years consecutively.

Dr. Sniezek uses a wide variety of skilled treatment methods including: chiropractic (Logan College of Chiropractic) and osteopathic manipulation (Harvard Medical School), medical acupuncture (UCLA School of Medicine and Harvard Medical School Post-Graduate Assoc.), natural remedies (UCLA School of Medicine),

physical medicine, exercise therapy, injections, and traditional medicines. Dr. Sniezek has a special interest in treating patients with complicated spine, neurologic, and muscular conditions.

## PHYSIATRY

A physiatrist, pronounced *fiz-z ee at' trist*, is a physician specializing in physical medicine and rehabilitation. As the population of America ages, as people survive conditions that once would have been fatal, and as quality of life is an increase concern, the field of physiatry is moving to the forefront of medicine. The specialty serves all age groups and treats problems that touch upon all the major systems in the body.

## MEDICAL ACUPUNCTURE

Acupuncture is a 3000 year-old practice that focuses on balancing the body's "chi", or energy, so that the body returns to an optimal state of health. Treatment involves the placement of single-use sterile needles in pre-designated acupoints. The needles are left in place for 20 to 25 minutes, depending upon the particular condition, and then removed. Stimulation of some needles can be done with the use of electricity, infrared heat, or moxa. Treatments are usually applied in a block of 12-15 sessions, again, depending upon the chronicity and severity of the condition being treated.

## OSTEOPATHIC / OSTEOPATHIC MANIPULATION

Chiropractic is the art, science, and philosophy of locating and correcting, by hand, small misalignments in the spine. Somatic dysfunctions are small misalignments in the vertebral and extremities which may lead to pain, stiffness, illness or dis-ease. Virtually all the internal organs are supplied by nerves that emit from the inter-vertebral segments. Even seemingly minor deviations in the vertebral

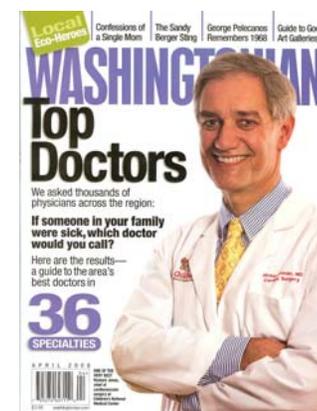
alignment and motion can lead to catastrophic medical problems. Chiropractic and osteopathic treatment, which is geared toward restoring the motion and integrity of the joints, can go a long way in improving the overall health and well being of an individual. Treatment, which is geared toward restoring the motion and integrity of the joints, can go a long way in improving the overall health and well being of an individual.

## ELECTRODIAGNOSTIC MEDICINE

Electrodiagnosis is used to diagnose and prognosticate nerve or muscle damage, such as damage to a nerve from a herniated disc in the neck or lower back. Other conditions that can be diagnosed with EMG/NCS (electromyography/nerve conduction study) include carpal tunnel syndrome peripheral neuropathy, compressive neuropathy, tarsal tunnel syndrome, and muscle disease.

## TOP DOCTOR

Dr. Sniezek has been selected as a *Washingtonian* "Top Doctor" in the field of Rehabilitation for 15 years consecutively.



*"Committed to Total  
Rehabilitative Excellence"*