

Everything you need to know each month from Optimal Health

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303.466.3988

[www.broomfieldchirocare.com](http://www.broomfieldchirocare.com)

## THE HYPE ABOUT



H Y P E R V O L T

March 2021



### Why Percussive Therapy is all the Rage Right Now



Getting a new toy is always fun, but getting a new toy that can help reduce muscle stiffness, soreness and help you feel your best is even better!

#### **What is a Hypervolt massage gun?**

A Hypervolt massage gun is a hand held percussion instrument. A Hypervolt uses targeted high speed pulses into the muscle tissue of the body. Since Hypervolt uses a precise high speed up and down motion it is able to affect both the superficial and deep muscles of the body. This is unlike typical massagers people use at home which simply vibrate through the superficial muscles of the body.

#### **Benefits of using a Hypervolt**

Utilizing Hypervolt during training, sports seasons or after activities of extra exertion can help to loosen muscles before activity. Hypervolt sessions may also provide significant improvement in muscle recovery times after these activities.

Hypervolt can reduce muscle stiffness and soreness. Whether you are sore from strenuous exercise or stiff and tight from working at a desk all day, Hypervolt therapy may be able to help loosen, activate and soothe muscles and fascia throughout the body.

Therapy with a Hypervolt massage gun may improve range of motion and flexibility. These improvements are achieved by reaching both the superficial and deep muscles of the body as well as tendons and tissue fascia.



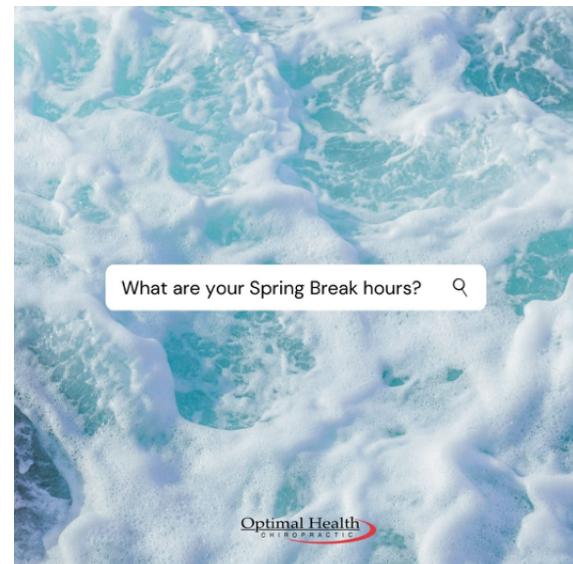
### Incorporation within OHC

I will be incorporating some therapy with the Hypervolt during treatment sessions in which muscles feel tight, stiff or sore. Brief Hypervolt session might occur before adjustments in order to loosen tissue around affected joints. I am looking into further incorporating it in the office by creating individual sessions geared toward using the Hypervolt to target specific muscle groups for recovery outside of typical adjustment times. Stay tuned and ask questions soon to see how we will be continuing to add additional therapies to assist our patients in recovery and better health.

- Dr Chris



Changes Starting in April



Spring Break is Coming Quickly

**Our Hours Are Getting An Adjustment!**

We all know that a little adjustment can make all of the difference, so we are adjusting our hours to continue to care for our patients more efficiently and wanted to make sure you heard the news!

**STARTING APRIL 6th OUR HOURS WILL BE:**

Monday: 7:30AM - 12PM & 3:30PM - 6:30PM

Tuesday: 3:30PM - 6:30PM

Wednesday: 7:30AM - 12PM

Thursday: 7:30AM - 12PM & 3:30PM - 6:30PM

We are flipping our hours on our Tuesday and Wednesday shifts. I have a feeling it will take a while for a lot of us to get used to, so make sure to double check before heading over to the office. We know we are starting to get the message out early, as April is still a month away, but we wanted to give everyone time to plan and schedule. As always, schedule before coming in for your appointment by either giving us a call (303.466.3988) or scheduling online (<http://optimal-health-chiropractic.genbook.com>).

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**Bring on Spring Break (and a Couple of Other Important Things!)**

March means spring time is quickly approaching, which means spring break. This year, we will be taking some time and the office will be closed from Monday, March 29th - Thursday, April 1st. But good news! Dr. Chris will be adding adjusting times on Friday, April 2nd and Saturday, April 3rd - keep an eye out for those!

As we start to talk about times in which we will be away from the office, please know that we always do our best to add in additional times for you to get adjusted. During the summer months, it's more common to have times where our schedule shifts around, so please always schedule an appointment before coming in. We always communicate any schedule changes in the office, on our [social media](#) and on our online scheduler, [genbook](#).

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