



Our Services

sports injury
maximum athletic
performance
chiropractic
physiotherapy
pain relief therapy
laser therapy
decompression therapy
orthotics
nutrition
wellness care
massage therapy

Where Are Your Symptoms

low back pain
leg pain
neck pain
mid back pain
shoulder pain
headaches
knee pain

elbow pain
whiplash
sciatica
carpal tunnel

About Us

meet your healthcare team
events
our philosophy
testimonials
training (strength, balance & core)

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financing
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directions

Call us now at:
(888) OAKS-911 [625-7911] for an appointment

Mon, Wed, Fri: 9AM to 7PM;
Tu, Th: 3-7PM

Thousand Oaks Chiropractor / Chiropractic, Sports Injury and Wellness Center



Chiropractor / Chiropractic is widely recognized as one of the safest drug-free, non-invasive therapies available for the treatment of back pain, neck pain, joint pain of the arms or legs, headaches, and other neuromusculoskeletal complaints. Although chiropractic has an excellent safety record, no health treatment is completely free of potential adverse effects.

The risks associated with chiropractic, however, are very small. Many patients feel immediate relief following chiropractic treatment, but some may sometimes experience mild soreness or aching, just as they do after some forms of exercise. Current literature shows that minor discomfort or soreness following spinal manipulation typically fades within 24 hours.

In addition to being a safe form of treatment, spinal manipulation is incredibly effective, getting patients back on their feet faster than traditional medical care. A March 2004 study in the Journal of Manipulative and Physiological Therapeutics found that chiropractic care is more effective than medical care at treating chronic low-back pain in those patients who have been experiencing the symptoms for one year or less. In addition, a study published in the July 15, 2003, edition of the journal Spine found that manual manipulation provides better short-term relief of chronic spinal pain than a variety of medications.

Neck Adjustments

Neck pain and some types of headaches are sometimes treated through neck adjustment. Neck adjustment, often called cervical manipulation, works to improve

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Breaking News

The Maximum Athletic Performance Program, (The Future of Sports Medicine) has been launched.
This Comprehensive

joint mobility in the neck, restoring range of motion and reducing muscle spasm, which helps relieve pressure and tension. Neck adjustment is a precise procedure that is generally applied by hand to the joints of the neck. Patients typically notice a reduction in pain, soreness, stiffness, and an improved ability to move the neck.

Neck manipulation is a remarkably safe procedure. Although some reports have associated upper high-velocity neck manipulation with a certain kind of stroke, or vertebral artery dissection, there is not yet a clear understanding of the connection. While we don't know the actual incidence of stroke associated with high-velocity upper neck manipulation, the occurrence appears to be rare—1 in 5.85 million manipulations — based on the clinical reports and scientific studies to date.

To put this risk into perspective, if you drive more than a mile to get to your chiropractic appointment, you are at greater risk of serious injury from a car accident than from your chiropractic visit.

It has also been suggested that sudden, severe upper-neck pain and/or headache, which may indicate a pre-stroke condition, could cause someone to visit a doctor of chiropractic. In addition, some common activities, such as stargazing, rapidly turning the head while driving, and having a shampoo in a hair salon may cause an aneurysm—a widening of an artery resulting from the weakening of the artery walls—of the neck arteries, resulting in stroke. Such events remain very difficult to predict.

It is important for patients to understand the risks associated with some of the most common treatments for neck and back pain—prescription nonsteroidal anti-inflammatory drugs (NSAIDs)—as these options may carry risks significantly greater than those of manipulation. According to a study from the American Journal of Gastroenterology, approximately one-third of all hospitalizations and deaths related to gastrointestinal bleeding can be attributed to the use of aspirin or NSAID painkillers like ibuprofen.

Furthermore, surgery for conditions for which manipulation may also be used carries risks many times greater than those of chiropractic treatment. Even prolonged bed rest carries some risks, including muscle atrophy, cardiopulmonary deconditioning, bone mineral loss and thromboembolism.

If you are visiting your doctor of chiropractic with upper-neck pain or headache, be very specific about your symptoms. This will help your doctor of chiropractic offer the safest and most effective treatment, even if it involves referral to another

Program Prevents & Treats Sport Injuries.

Congratulations to Dr. Blum for being selected as the chiropractor to treat Rebecca Soni, winner of 3 Olympic Medals.



Congratulations to Dr. Blum - winner of 2008 Gold Standard Award from USA Swimming Sports Medicine



Also, Dr. Blum Treated 4 of the USC Swimmers who won Olympic Medals. Congratulations to:

- Rebecca Soni
- Larsen Jensen
- Klete Keller
- Ous Melloul

health care provider. If the issue of stroke concerns you, do not hesitate to discuss it with your doctor of chiropractic. Depending on your clinical condition, he or she can forego manipulation, and instead can recommend joint mobilization, therapeutic exercise, soft-tissue techniques, or other therapies.

The chiropractic (chiropractor) doctors at Oaks Chiropractor and Sport Injury Center know that a healthy body is achieved through a healthy spine, nervous system, muscles and joints. Our doctors are here to make sure you stay healthy and fit in the physically demanding environment we live in.

Many painful conditions are caused by a misalignment of the musculo-skeletal system, especially of the spine and joints throughout the body. This can have effects on your general health, including the nervous system. The best chiropractic care is focused on alleviating these types of pain through gentle manipulation of the spine, joints and muscles.

At Oaks Chiropractor and Sport Injury Center you will receive the finest chiropractic attention in Conejo Valley. Our beautifully appointed offices are a state-of-the-art treatment facility. Our board-certified physicians work as a team to ensure a complete healthcare experience.

At Oaks Chiropractic and Sport Injury Center we don't just treat the symptoms, we solve the problem. The chiropractic (chiropractor) doctors at Oaks Chiropractor and Sport Injury Center know that a healthy body is achieved through a healthy spine, nervous system, muscles and joints. Our doctors are here to make sure you stay healthy and fit in the physically demanding environment we live in.

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To find out more about [Oaks Chiropractor, Sports Injury and Wellness Center](http://www.oakswellness.com/chiropractor.html), browse through our website. You'll find we offer treatment for a wide variety of physical disorders and pain conditions, as well as physiotherapy and sports or accident related rehabilitation. Oaks Chiropractic, Sports Injury and Wellness Center in Thousand Oaks is Ventura County's premier chiropractic center. Call, email or visit us today to find out how we can help you.

