

Stabilizing Orthotics

Stabilizing Orthotics support the three interconnected arches of your foot, the plantar vault. The structural support for the entire body's equilibrium is gained from your feet's plantar vault. Unlike generic, over-the-counter orthotics, our Stabilizing Orthotics are individually designed for your unique postural problems--not just problems with your feet. Correcting imbalances in your feet can properly align your spine and pelvis.

If you are considering individually designed Stabilizing Orthotics, Dr. Langille can perform a foot scan to show you how imbalances in the feet can lead to problems in the knees, hips, back and even shoulders. The foot scan will show how Stabilizing Orthotics may help. Following a foot scan, Dr. Langille will give you a report that will provide you a Pronation/Stability Index, a Foot Assessment, and a Body Assessment.

Call today to schedule your complimentary Foot Levelers Orthotics assessment.



Dr. Tonweya Langille, D.C. Palmer Graduate

Dr. Langille has been serving the Council Bluffs and surrounding community since 2007. His roots began south of Council Bluffs where he grew up on an organic farm near Tabor, Iowa. He decided to return to this area after his doctoral training at Palmer West in California and Palmer College in Davenport Iowa, to raise his family and establish a family based practice. He has been established as one of the very best in Council Bluffs through corporate and group lectures, community wellness programs, excellent reputation and great individual results.

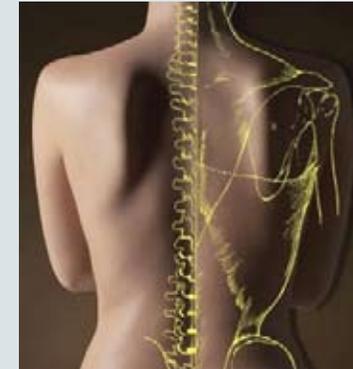
Dr. Langille is trained as a physician to recognize conditions which will or will not respond well to adjustments and/or various forms of therapy. Some conditions are treated most effectively with the help of other providers and this cooperative care is common at Prairiелands Clinic. Additional therapies will be provided in your care plan if needed and include ultrasound, electric stimulation, massage and manual therapies, therapeutic yoga, and supportive device training. In most cases additional recommendations will be discussed for each particular individual such as home care approaches or nutritional considerations.

We welcome you to a free consultation with Dr. Langille to see how chiropractic may help you.



Prairiелands Chiropractic Clinic

Chiropractic ~ Massage
Wellness Classes



712-256-2561

300 West Broadway ~ Suite 712
Located in the Omni Centre
Council Bluffs, Iowa 51503

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Chiropractic Care

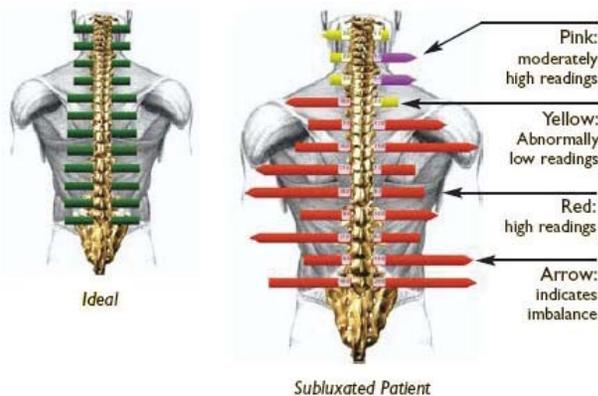
Chiropractic is a science and art which was first discovered in Davenport, Iowa and now is practiced internationally by over 60,000 doctors. Over 100 years ago a man named D.D. Palmer restored another man's hearing by putting a direct force upon a painful spinal protrusion. This was an amazing and surprising occurrence that truly sparked the interest in this approach to health that believes how our spine and the nervous system is functioning affects virtually all aspects of our health. Chiropractors of today are trained extensively in orthopedic, neurologic, and musculoskeletal assessment with their most important focus being the spine and nervous system. Thorough spinal checkups, spinal thermography scans, orthotics evaluation, digital X-rays, and postural analysis are some of the most useful tools used in this clinic to look for potential spinal or other health problems.

The spine is an amazing part of our bodies because it allows such a variety of ranges of motion and elegant function all the while protecting the nervous system—composed of the brain, spinal cord, and the great network of nerves that branch from it. The nervous system is the ultimate integrator of all body function and communicates for each cell, tissue, and organ of the body. Spinal care is a vital part of your health because your spine protects your nervous system and chiropractors are the best providers to help with conservative or non-invasive treatment.

Dr. Langille provides relief and wellness care for patients of all types even those who have previously required surgery. He recommends that children get checkups to prevent spinal problems and address them during or between their growth and development stages. Kids are especially able to enjoy the benefits of chiropractic care because our innate healing potential is greatest when we are children and spinal issues are best addressed earlier in life. His older patients, some new to chiropractic, appreciate his attention to detail and his use of gentle, specific, and effective adjusting techniques.



New Patients Welcome
Most Insurance Plans Accepted
Same Day Appointments
Convenient Clinic Hours
On-line Scheduling Available



MyoVISION ~ Spinal Thermography

In the last one hundred years chiropractic techniques and evaluation methods have changed a great deal. Chiropractors have since their earliest times used electrical and temperature detectors along the spine to detect interference and imbalances. Developments have progressed by leaps and bounds in this field. MyoVision employed NASA scientists to develop sensitive detectors to assess electrical activity of all regions of the spine in order to help chiropractors easily detect areas of interference and imbalance. This tool is fortunately able to help with improved treatment efficiency and quantitatively measuring progress. The exam is painless, risk free, and is included in your initial exam. You may schedule this exam as a part of a free consultation with Dr. Langille as well.

Postural Photo Analysis

There are some 365,000,000 possible postures of the spine. Some are obviously healthier than others. Posture is one of the most important things to consider for your spine and overall health. It affects everything from your mood to how fast your joints will break down. The goal of posture analysis is to identify distortions, such as hiked hip or shoulder, rotated knees, head tilt, etc. and correlate that with other findings. It is a good starting point in identifying which exercises will help improve structural function. It is also a good way to re-evaluate postural improvements or changes that may occur during care.



CR Digital X-Ray

Computed Radiography (CR) uses very similar equipment to conventional radiography except that in place of a film to create the image, an imaging plate (IP) made of photostimulable phosphor is used. Hence, instead of taking an exposed film into a darkroom for developing in chemical tanks or an automatic film processor, the imaging plate is run through a special laser scanner, or CR reader, that reads and digitizes the image. The digital image can then be viewed and enhanced using software that has functions, such as contrast, brightness, filtration and zoom.

Advantages to digital X-rays:

- Image quality is superior to conventional films allowing more thorough analysis
- CR Digital X-ray requires fewer retakes, which results in lower overall dose to the patient
- No silver based film or chemicals— more environmentally friendly
- Images can be stored digitally and emailed or copied easily for other health care providers
- Image acquisition is much faster
- Images can be enhanced digitally to aid in interpretation

