

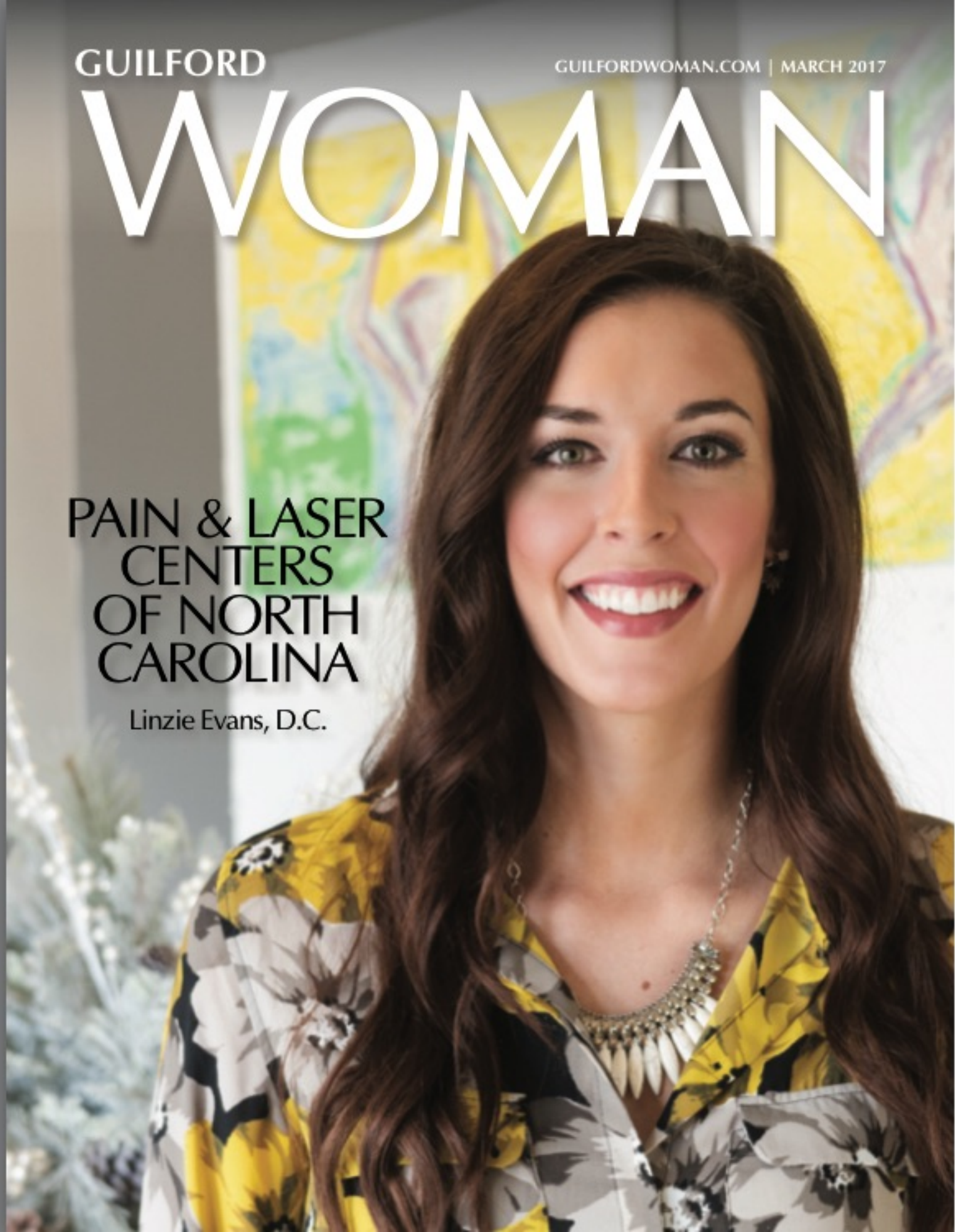
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WOMAN

PAIN & LASER
CENTERS
OF NORTH
CAROLINA

Linzie Evans, D.C.



LIVE BETTER

PAIN & LASER CENTERS OF NORTH CAROLINA

Article by Margie Crabtree | Photography by Aesthetic Images Photography



Dr. Evans answers questions about digital spinal x-rays.

Linzie Evans, D.C. has been associated with The Pain & Laser Center on Market Street in Greensboro, NC for over a year. Dr. Evans hails from Dayton, Ohio and began her career in sports medicine as a Certified Athletic Trainer. Being a former college volleyball player with an undying passion for sports performance and health she went on to graduate Magna Cum Laude from Logan University College of Chiropractic in 2015. One of her fondest memories was traveling to Italy to provide chiropractic care to athletes at the World Sports Games.

When it came time for her to begin utilizing her newly learned skills, Dr. Evans remembered that she liked the climate in North Carolina and the friendliness of the people, she had once played volleyball with her team there and reached the conclusion that North Carolina was where she wanted to live and work. She loves being out of doors and staying active. She also enjoys quick trips to Asheville where she and her fiancé go hiking whenever possible. Dr. Evans is working on her May wedding in Asheville and we would like to be the first to wish her a lifetime of happiness!

Dr. Evans especially enjoys women's healthcare. She has taken additional training to work with pregnant women. Dr. Evans is versed in the Webster Technique and finds it beneficial to expectant mothers. Because of the particular female adaptations from the increase of hormones, weight gain and postural adaptations, pregnant mothers have a greater chance of sacral subluxation and neuro-biomechanical imbalance than the general population. Pregnant mothers may have significant benefit by having their spines checked regularly throughout pregnancy, optimizing health benefits for both the mother and baby.



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Spinal nerve function plays a major role in health.



*Dr. Evans
performs
LASERA for
neck pain.*

Additionally, Dr. Evans has a passion for helping women with osteoporosis and likes the end result of improving their posture. These patients commonly present with rounded shoulders, hunched posture, 30% less oxygen causing chronic fatigue, and pain. The human head weighs between 10-12 pounds and in some cases, people with associated pain tend to 'give in' and lean forward causing misalignment and even more tightness and pain, with an ending result of very poor posture.

One of the most effective treatment options Dr. Evans offers is the non-surgical LASERA therapy. The Non-Surgical LASERA™ has been shown to improve function and decrease pain symptoms in up to 80% of the patients who have been accepted for care in the office. Lasera™ has been shown to

help symptoms of arthritis pain, poor posture, neck pain and back pain, just to name a few! The LASERA™ protocol uses of STATE OF THE ART medical equipment to GENTLY provide pain relief. Her patients rave about how GOOD it feels!

How does it work? Laser therapy works by stimulating production of cellular energy in damaged cells and by enhancing the cell membrane permeability. This promotes the speed and the quality of healing, enhances the exchange of nutrients and wastes across the cell membrane and improves elasticity of injured tissues. LASERA™ also modulates pain, reduces inflammation, improves healing time, increases circulation, and decreases swelling. Laser treatment helps to heal the damaged tissue.



Dr. Evans discusses patient care with the team.

Your body needs sufficient amounts of oxygen to function properly and sustain life. It is essential to regulate nearly all of the body's activities, including energy production. Oxygen is also instrumental in the healing process. During the treatment, you will be given oxygen to help promote better healing. Most patients find this experience to be very refreshing and invigorating. Oxygen therapy also helps to stimulate brain activity, reduce stress, alleviate headaches, strengthen your immune system, raise energy levels, and boost concentration. This increase of oxygen promotes healing and maximizes the effects!

The number of sessions that you will receive depends on your diagnosis, age, overall health, and other factors that your doctor will determine.

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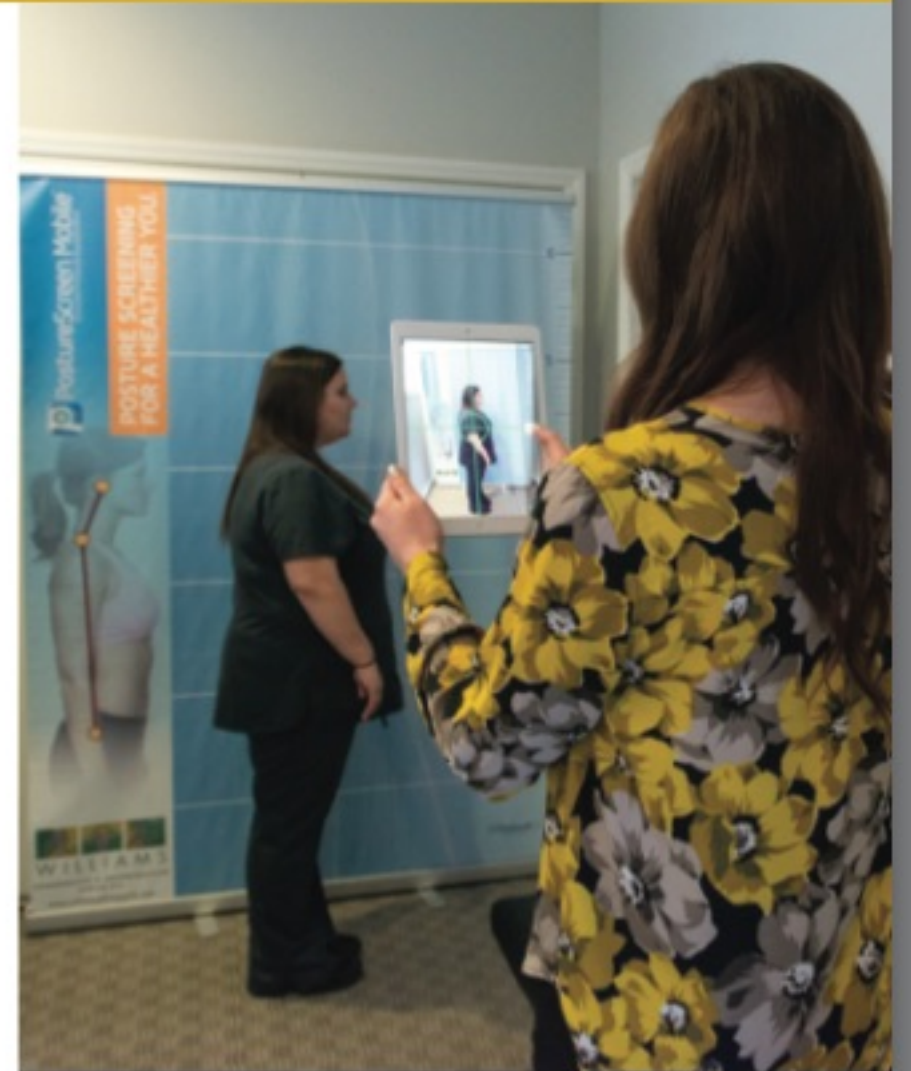
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Some conditions may require longer treatment intervals than others. The effects of the laser treatments are cumulative, but every person is different. Like all pain relief treatments, some patients experience significant pain relief after the first treatment, but some require additional treatments. It is important to follow all of your doctor's care instructions in order to receive full benefit from LASERA™

"Not only did the laser treatments return feeling in my feet and toes but also has made me have many pain free days, which (before treatment) I had not had a single pain free day in over 3 years. I am moving, walking, and climbing stairs with ease."

- Patient Testimonial

Please visit the website of Pain and Laser Centers of North Carolina to read more glowing, uplifting responses from former and current patients. That's the reason they've been rated #1 in the Triad by another publication.



Dr. Evans demonstrates computerized posture measurements.