

Wilton, CT Chiropractor Dr. Elihu Rosen Awarded US Trademark on Pain Reduction Technique

Beginning his practice over 30 years ago, Dr. Elihu Rosen, a Wilton, CT chiropractor, has researched the most advanced techniques to help patients find relief from pain. He has a loyal following of very satisfied patients and attributes much of his success to a technique he developed and recently received trademark approval as the name **Sequential Pain Reduction®** or **SPR®**.

The technique is based on the proprietary and complementary therapies administered prior to spinal manipulation. While many chiropractors will perform chiropractic adjustments first, Dr. Rosen found this approach does not address the many trigger points or muscle knots people experience that cause chronic muscle pain and discomfort. Refraining from addressing these knots can reduce the effectiveness of chiropractic adjustments. Through his **Sequential Pain Reduction®** techniques, Dr. Rosen utilizes therapies such as massage, ultrasound, electro-stimulation and laser therapy in a unique sequence to release muscle knots prior to the chiropractic adjustment. This specific sequence helps increase relief, thereby breaking the cycle of chronic pain caused by trigger points, without the use of injections.

Within each session, Dr. Rosen's chiropractic patients progress to chiropractic adjustments feeling relaxed and are ultimately more responsive to the treatment. The goal for chiropractic adjustments are to reduce pressure and stress on spinal nerves that leads to pain. By reducing trigger points prior to chiropractic adjustments, these messages are better "communicated" for more effective therapy. Also, Dr. Rosen utilizes non-force chiropractic adjustments, meaning you are not subject to forceful or painful spinal manipulations.

Dr. Rosen's **SPR®** technique is used to treat a variety of pain-related conditions that range from chronic to acute. Examples of conditions he treats low back and hip pain, sciatica, back pain, headaches, neck pain, shoulder pain, accidents and sports injuries. ***“My technique is the missing link that makes people feel better faster and in less visits,”*** said Dr. Rosen. He added, ***“my goal is to get you better and to ensure you stay that way.”***

Dr. Elihu Rosen has been practicing in Wilton, CT since 1985. He is a graduate of SUNY College in New Paltz, NY and holds a BA and a BS in Human Biology, as well as a Doctorate of Chiropractic Medicine from the National College of Chiropractic just outside Chicago, IL. He is a member of the American and the Connecticut Chiropractic Associations. Dr. Rosen is certified in physiotherapy, acupuncture, and is a trigger point specialist, treating both adults and children.