



RUBOSKY

CHIROPRACTIC

& WELLNESS

THE CARE YOU DESERVE.
THE LIFESTYLE YOU WANT.

ABOUT DR. RUBOSKY

Born and raised in Canfield, Ohio, **Dr. Steven M. Rubosky** brings years of experience earned from practicing at the best chiropractic centers in Dallas, Texas and Cleveland, Ohio. Dr. Rubosky utilizes an “active” approach when taking care of patients. By combining a wide variety of hands-on techniques, the most technologically advanced equipment and providing the newest and best natural supplements on the market today, Dr. Rubosky is able to help his patients accelerate and maintain their journey to good health.

EDUCATION

- Parker University, College of Chiropractic, Dallas, TX
- Youngstown State University, Youngstown, OH

ASSOCIATIONS

- American Chiropractic Associations
- International Chiropractic Associations
- Ohio Board of Chiropractors

STEVEN M. RUBOSKY, D.C.
CHIROPRACTIC PHYSICIAN





MISSION STATEMENT

The mission of Dr. Rubosky is to give each patient **the care they deserve for the lifestyle they want**. Through active treatments that supply patients with a high-level of personalized care and attention, to empowering patients into taking an active role in their own health and wellness. Dr. Rubosky knows every patient is unique and privacy matters. Whether treating an individual or an entire family, to treating migraines or chronic issues, Dr. Rubosky gives his patients a new way to experience healing — better health through better living, where short-term successes lead to developing and maintaining an active lifestyle.

MIGRAINES & HEADACHES

Headaches are a **common cause of pain** in many individuals, ranging in severity and cause. This is why Dr. Rubosky has trained so extensively in aiding those who suffer from them. As a main area of expertise, Dr. Rubosky prides himself on treating many causes of migraines and headaches patients may experience frequently in their day-to-day lives. No one enjoys living with pain, and there are usually underlying causes to headaches people may not even be aware of. So the next time you are struggling with head pain, **let Dr. Rubosky help** in getting you back to well and living the life you love, pain-free.

TYPES OF MIGRAINES & HEADACHES

CLASSIC MIGRAINE

Another name for this is a migraine with an aura, where aura describes the pain felt in the head from flashes of light and loud noises. Classic migraines also come with a tingling in the hands and/or face.

COMMON MIGRAINE

This acts much as a classic migraine, but with the absence of an aura. It can also be referred to as a “migraine headache” because light and sound are not involved with the pain one experiences with it.

HORMONAL MIGRAINE

Hormonal migraines occur when hormone levels in the body drop or spike. A common example is during a woman’s menstruation, when progesterone levels decrease in the body and cause the headache.



CLUSTER HEADACHE

Cluster headache, or Horton's Syndrome, is a disease in which a painful headache occurs on one side of the head for days or months on end. Symptoms include droopy eyelids, runny nose, or redness on the side of the head in which the headache is happening. The attack is said to occur at the same time of day, every day.

CERVICOGENIC HEADACHES

Called a secondary headache, this means the pain is occurring because of an inner or physical illness. An example would be a neck injury, where this pain is causing the headache in the individual.

TENSION HEADACHE

This is the most common type of headache in adults, originating in the forehead or back of the skull. It is caused by stress and tension in the person and muscles, exuding a dull ache or pounding in the head of the person.

MIGRAINE 101

What they are, where they come from and how to fix 'em.

Though migraines are headaches it can be difficult to determine a migraine from a common headache. Recognizing the difference between a migraine headache and a traditional headache can mean faster relief through proper treatments. It can also prevent future headaches from occurring. Here is a chart to help you understand the differences.

MIGRAINE

VISUAL

Visual disturbances before, during or after the pain subsides.

- 81% had **blind spots**
- 77% saw **flashing lights**
- 21% had **double vision**

COMMUNICATION

Difficulty speaking, writing and comprehending.

MOTOR SKILLS

Weakness or difficulty moving.

PAIN

85% experience **pulsating pain, such as throbbing, aching, pounding and beating.**

MORE THAN 10 MILLION PEOPLE
GO TO THE DOCTOR OR EMERGENCY
ROOM FOR HEADACHES EVERY YEAR.



MIGRAINE ATTACKS CAN INCLUDE A VARIETY OF SYMPTOMS BEYOND HEAD PAIN.



1 BILLION PEOPLE
WORLDWIDE SUFFER FROM MIGRAINES

HEADACHE

CLUSTER

Come in groups that can last several weeks or months..

Men are **3 - 6x more** likely to suffer from cluster headaches than women.

SINUS

Pressure around the eyes, pain around the bridge of the nose, nasal congestion, stuffiness.

TENSION

Most common type of headache. Symptoms include pressure in front of the face, head or neck, dull head pain, difficulty concentrating.

TECHNIQUES

Dr. Rubosky believes an **active and holistic approach** leads to an active lifestyle and that starts with chiropractic techniques. Not everyone is treatable by just one technique. Dr. Rubosky's **mastery of multiple techniques** allows him to uniquely treat every patient based on their diagnosis by finding and combining the right techniques. Aided by the most advanced digital imaging and chiropractic technology, Dr. Rubosky is able to provide a full-continuum of care.

Each technique is practiced to help your body begin and continue its own healing process, all within the comfort of our **spa-like atmosphere**.

- **DIVERSIFIED** TECHNIQUE
- **GONSTEAD** TECHNIQUE
- **ACTIVATOR METHOD CHIROPRACTIC** TECHNIQUE (AMCT)
- **THOMPSON** TECHNIQUE
- **SACRO-OCCIPITAL** TECHNIQUE (SOT)
- **APPLIED** KINESIOLOGY (AK)
- **MYOFASCIAL** RELEASE
- **GRASTON** TECHNIQUE
- **WEBSTER** TECHNIQUE
- **EXTRA SPINAL** TECHNIQUE

Chiropractic techniques relieve pain, prevent illness and injuries and alleviate systemic problems without medication or medical interventions. They can also improve sleep, mobility, stress and most importantly, life.





TREATMENTS & THERAPIES

Much like our chiropractic techniques, Dr. Rubosky offers a variety of physiotherapies to treat pain and muscle aches in our **healing atmosphere** to make sure you get back to feeling great. Unlike other practices, each treatment is done privately in their own dedicated room.

Wellness and an active role in the body's own healing processes are important to Dr. Rubosky, and he uses only the **most proven techniques and therapies** for your treatment.

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- **FLEXION / DISTRACTION**
 - **INTERFERENTIAL THERAPY**
 - **MUSCLE STIMULATION**
 - **ULTRASOUND (CHIROPRACTIC APPLICATIONS)**
 - **SEMG**
 - **RUSSIAN STIMULATION**
 - **PRE - MODULATION**

TECHNOLOGY

Rubosky Chiropractic & Wellness not only offers its patients a one-of-a-kind healing environment, but more importantly, a **state-of-the-art** healing environment. Dr. Rubosky incorporates chiropractic technology in most of his techniques and therapies, with each piece of equipment meant to propagate your body's self-healing and **encourage a lifestyle of active wellness** which many other facilities do not use.

Using **in-house high-definition digital imaging** to give Dr. Rubosky a better look at a problem area, this equipment gives both him and his patients a better understanding of each case.

Because of this, Dr. Rubosky is equipped to better care for you without leaving our spa-like atmosphere. Make a difference in yourself today by visiting and experiencing what **high-tech healing** can do for you.



ErgoStyle™ FX:

The ErgoStyle™ FX allows Dr. Rubosky to deliver adjustments to around 97% of his patients without having to switch rooms or tables.

TECHNOLOGY WITH A HUMAN TOUCH

Dr. Rubosky is proud to offer technology that is state-of-the-art, but what makes it stand out the most is its own human touch. Paired with Dr. Rubosky's own techniques, these high-tech machines are here to help you heal and get back to feeling your best. They also save time in each appointment, offering a way to complete nearly 100% of adjustments. Each piece of technology has its own dedicated suite, allowing for each patient to experience healing privately.

Below is a list of chiropractic technology that Rubosky Chiropractic & Wellness has to offer:

- ErgoStyle™ FX
- Triton DTS®
- Vectra Genisys®
- CBP Pro-ArthroStim® Kit
- The VibraCussor® Instrument
- Summit/Americomp Spectra 30HF 30 KW





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