

# New Chiropractic Practice Opens

Dr. Joseph Dombek has opened a new chiropractic practice in Vernonia at 610 Bridge Street and is now accepting new patients. The office is located next door to Vernonia Dental, in the same building.

Dombek has been a practicing chiropractor for 15 years and owned his own practice in Beaverton since 2002. "My wife Heidi and I have always wanted to move out to the country and have a simpler life," says Dombek. "We looked all up and down the Highway 47 corridor, at McMinnville, Yamhill, and Gaston. But Vernonia felt really good and we got a lot more home for our money."

Dombek is trained and mostly uses activator tools that deliver controlled pressure into the nervous system to treat his patients, administer adjustments and reduce pains and spasms. "When you just stimulate the bone, it's not as powerful an inhibition to the nervous system as it is when you treat the skin, and the muscle and the connective tissue," explains Dombek. "It's the stimulus into all those tissues that starts to work and inhibit the pain right away."

Dombek says his method of treatment has been highly researched and involves much less twisting and manipulation for his patients. "It takes away some of the fear people have about being treated by a chiropractor," says Dombek. "They just lay on the table, I tap them on the areas that need care with the instruments, and it starts to

feel better. It's very safe."

Dombek says he can treat much more than just back pain. He also provides minor physical therapy services. As a registered physician in the state of Oregon he is also able to administer Department of Transportation exams, including sight and hearing exams, for truck drivers. "Now they don't have to drive into the valley for that," says Dombek.



He also says chiropractic treatments can help with a variety of ailments that most people wouldn't think of. He says he has successfully treated bed wetting in children. He has also helped several couples with infertility. He has helped patients experiencing jaw pain or discomfort. He has found chiropractic care can treat chronic headaches. He works with patients suffering from Carpal Tunnel and foot pain. "Most people think about seeing a chiropractor for spinal issues, but we can treat any

joint in the body," says Dombek.

Originally from upstate Pennsylvania, he received a Bachelors Degree in Microbiology from Penn State. He worked in several jobs in that field, including artificial insemination work with livestock, some hospital laboratory work, spent over a year on fishing vessels in Alaska in the Bering Sea working for the Alaska Department of Fish and Game, and worked as a Phlebotomist with the Blood Bank of Alaska for several years. "I found I didn't like lab work very much, I wanted more interaction with people," explains Dombek. He decided to go back to school, attended the Western States Chiropractic College in Portland, and decided to stay in the northwest.

Dombek says he will be taking limited insurance from some of the major local providers, and will consider offering a sliding scale for other patients. He says he also occasionally provides pro bono work. "I think it's good for everybody to offer their service at some point just for the good of humanity," says Dombek. "I'm not in this for the money. I do have to make a living and pay my bills, but for me it's more about serving my fellow humans and helping decrease pain and suffering here on earth."

To schedule an appointment or for more information you can reach Dr. Joseph Dombek at 971-248-4055.



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