



# **PowerHealth**

*"The Results Speak for Themselves"*

**CHIROPRACTIC NEUROLOGY AND FUNCTIONAL MEDICINE PROGRAM**

## **Power Health Rehab & Wellness Center**

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[PowerHealthReno.com](http://PowerHealthReno.com)  
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Thank you for your interest in the comprehensive Chiropractic Neurology and Functional Medicine program offered at Power Health Rehab and Wellness.

Power Health has been in existence in Northern Nevada since 1980 and has been under the direction of Martin Rutherford, D.C., Certified Functional Medicine Practitioner, for the entirety of that time. Randall Gates, D.C., Board Certified Chiropractic Neurologist, joined the practice in 2009, and since that time Dr. Rutherford and Dr. Gates have collaborated to combine their respective disciplines to help patients with chronic pain, autoimmune disease, peripheral neuropathy, balance disorders, endocrine abnormalities, and many other neurologic and metabolic issues.

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## Physician Biographies

### **Martin Rutherford, D.C., CFMP, Clinic Director of Power Health**

Dr. Rutherford earned his B.A. degree from Wilksbarre College in 1974 and a B.S. in Human Anatomy and Biochemistry, as well as his Doctor of Chiropractic degree from National Chiropractic College in 1978. He moved to Reno in 1980, and took over an existing chiropractic and nutritional practice. Through the 1980's and 1990's, Dr. Rutherford had primarily a musculoskeletal practice focusing on traumatic spinal injuries and scoliosis patients. Due to his curiosity regarding why some of his autoimmune patients did not respond to manipulative therapy, he began to study functional medicine under the direction of world renowned thyroid expert, Dr. Datis Kharrazhian. From there, Dr. Rutherford went on to complete 300 post graduate hours in functional medicine. To date, Dr. Rutherford has supervised over 35,000 patients at Power Health, given over 800 health lectures, has served on the Chiropractic Physicians Board of Nevada, authored the book "Power Health Back to Basics" and owned and operated Power Health Rehab and Wellness since 1980.

### **Randall Gates, D.C., D.A.C.N.B., Head of Technical Development at Power Health**

Dr. Randall Gates earned his B.S. degree in Biology from Chico State in 2006, and then went on in 2009 to earn his Doctor of Chiropractic from Life West Chiropractic College in San Lorenzo, California, graduating as valedictorian of his class. He completed his post graduate education in Chiropractic Neurology simultaneously while going through Chiropractic school and passed his oral and written board examinations in July of 2010. There are currently fewer than 400 Board Certified Chiropractic Neurologists in the world, and Dr. Gates is the only Board Certified Chiropractic Neurologist in Northern Nevada who is actively certified. Aside from reviewing exam questions for the American Chiropractic Neurology Board, he has since gone on to begin his training in functional medicine, and is currently responsible for creating novel treatment modalities for chronic pain, autoimmune disease, and neurologic conditions at Power Health. Dr. Gates is in the process of coauthoring a book on peripheral neuropathy success stories with Dr. Rutherford.

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## Description of our Facilities

Power Health Rehab and Wellness occupies approximately 8000 square feet of diagnostic and treatment facilities. Our treatment area is divided into departments of manual therapy, brain based therapy as well as peripheral nerve rehab, and relaxation.

At Power Health we also have two other doctors:

- Dr. Richard Ketring, D.C., is also a Certified Functional Medicine Practitioner, and is involved in nutritional aspect of our cases. He also has a musculoskeletal and motor vehicle accident practice, and has been with Power Health for 15 years.
- Dr. Steven Stornetta, D.C., has a practice at Power Health focusing on patients with lumbar and cervical disc herniations. He uses VAX-D spinal decompression as well as COX flexion distraction to treat pre-surgical and post-surgical back cases.
- We also work closely with several Doctors of Osteopathy experienced in chronic pain challenges when medical intervention is warranted.

**Our office is 45 minutes from beautiful Lake Tahoe. Fantastic sightseeing, hiking trails, and skiing are well within an hour's drive.**

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## Description of the Chiropractic Neurology and Functional Medicine Program

### A. Mission Statement:

The goal of these programs is to determine the cause of the disorder for which you are being managed, and then to employ specific strategies targeted at the cause, while engaging the brain in rehabilitative exercises either to activate areas of the brain that are under activated or to dampen overactive areas of the brain.

### B. Initial Consultation:

We are located in Reno, NV; however we also treat patients from all regions of the United States as well as foreign countries. If you live in Northern Nevada or would like to travel to our facility, we do offer a free 30 minute in office consultation. However, for those of you whom distance is a consideration, we can do a phone consultation to determine if you are an appropriate candidate for our program and if it is worth your time, energy and financial investment to travel to our office for care.

#### **For those doing in office consultations:**

Please call our office at 775-329-4402 for an appointment, and arrive 30 minutes prior to your appointment time to complete paperwork.

#### **For those doing distance Skype or phone consultations:**

Please understand that a significant amount of preparation will go into preparing for your consultation. We will need the following information before scheduling your consultation:

1. All medical records you are able to obtain from at least the last 7 years.
2. A typed history of your condition. This is a chance for you to tell us your story so to speak. Please give us a detailed account of when your symptoms started, factors that you feel provoked your condition, and any other information you feel is pertinent to give us the best chance to properly evaluate your case.
3. Our basic consultation paperwork as well as our 24 page history packet filled out completely. This history is perhaps our most valuable diagnostic tool and it is vital that it be completed as thoroughly as possible. Both can be found online at <https://powerhealthreno.com/paperwork>

Once all of this information is received, we will call to schedule your half hour consultation with Dr. Rutherford. Dr. Rutherford and Dr. Gates will have reviewed all of the above materials and discussed your case, so that a targeted conversation can take place between you and Dr. Rutherford, all for the intent of determining whether you are a potential candidate for our program. The cost of this service is \$250. If it is deemed that you are a candidate for our program, then at that time we would recommend going through our in office comprehensive evaluation.

### C. Comprehensive Evaluation

If it is deemed that it is likely you are an appropriate candidate for one of our programs, the next step is to schedule for our in office evaluation. We will perform an assessment which you can expect to last anywhere from an two to three hours. This evaluation and assessment will entail a comprehensive neurologic evaluation, and a detailed functional general systems physical examination. This will also include a further review of your history and records and if a neurological component is involved in your treatment protocol further evaluation will be performed to determine the ability of your brain and nervous system to respond to our brain based therapies.

Once the comprehensive evaluation is completed the doctors will construct a treatment program based on their findings. Our programs run from 4 to 12 months and range in cost from \$6,000 to \$12,000 depending on what is indicated by your initial consultation and subsequent comprehensive examination findings. Insurance companies view functional medicine and functional neurology as elective similar to LASIK and plastic surgery so no coverage will most likely be available. We do have many payment options to assist you in getting the care you need.

### D. Understanding Our Treatment Philosophy

The Chiropractic Neurology and Functional Medicine program is a supervised and controlled program. It has been created and evolved over a period of years, and a considerable amount of time and effort have gone into refining it for the primary purpose of improved patient outcomes. We are fully committed to each and every case that we accept and expect all participants to make a similar commitment to their program.

## E. Laboratory Testing

Lab testing is tailored to each individual's specific examination and history findings. We perform specialized testing including autoimmune profiles, testing of food sensitivities, intestinal hyper-permeability, adrenal axis output, as well as heavy metals. We also use LabCorp for standard blood testing including metabolic panels, iron studies, inflammatory markers, thyroid functioning testing, complete blood counts with differentials, and urinalysis, and other specialty lab tests. Not all tests are ordered for all patients. Each patient's labs are ordered relative to the patient's case based on the initial paperwork and comprehensive evaluation findings.

## F. Why Such an Intensive Program?

Our Chiropractic Neurology and Functional Medicine program has been offered since September of 2008. It is the foundation of Power Health Rehab and Wellness, and has been continually modified since then to produce optimal patient outcomes. The program will consist of the following:

**Chiropractic Neurology**, also termed Functional Neurology, involves stimulating areas of the brain or peripheral nervous system (that of the hands and legs) that may be under activated. This is very analogous to strengthening a weak muscle. In that after it was learned in the 1980's and 1990's, with the 1990's being the decade of the brain, that the brain can become stronger in its connections by strengthening weak parts of the brain with exercise. Functional Neurology involves making the correct neurologic diagnosis, then employing non-drug treatment, exercise, and electrical stimulation strategies aimed at activating specific areas of the brain or peripheral nervous system. Once these parts of the brain "strengthen" or start firing properly symptoms caused by its malfunction resolve or greatly improve.

**Functional Medicine**, also termed personalized and lifestyle medicine, focuses on getting to the true cause of the disorder and working with the patient to correct the underlying cause. Though this concept may seem incredibly simple, there are many situations in health care where this simple concept is not employed. Using high blood pressure as an example, the traditional approach is to give the patient a medication which will circumvent biochemical pathways allowing blood pressure to normalize. The Functional Medicine approach is to look at the multiple factors causing high blood pressure, two of which are obesity and stress, and to work intensively with the patient to rectify those factors so that the high blood pressure can be rectified. Functional Medicine uses standard and specialized lab testing to not only make a diagnosis, but also to determine how an individual's food, stress, and hormones and a multitude of other factors are influencing their physiology and creating their symptoms.

Based on your specific case, we will determine whether one or both of these methods are required in your rehabilitation and structure your program accordingly. We have found over years of experience that on average it takes us in general four and a half months to make a significant long term change in the physiology and symptoms of most individuals.

**1. Hours of operation at Power Health:**









- Monday-Thursday 8 am to 12:00 pm and 1:30 pm to 6 pm.

**2. Clothing:**

We recommend our patients wear comfortable clothing, a bring a pair of shorts to the exam so that we can gain access to your extremities for purposes of nerve stimulation. Please also wear comfortable shoes that can be easily removed.

**3. Housing and Hotels:**

Our office is approximately a mile and a half from the Reno Tahoe International Airport. Below is a list of hotels that are near our office. Since we are a tourist town rates can vary widely depending on availability.

<b>Hyatt Place Reno-Tahoe Airport</b>
Call to Book 1-866-577-4817
Starting Rate: \$161
TripAdvisor Traveler Rating:  
<b>Holiday Inn Express &amp; Suites RENO AIRPORT (Nearest to the office)</b>
Call to Book 1-866-577-4817
Starting Rate: \$109
TripAdvisor Traveler Rating:  
<b>Peppermill Resort Spa And Casino</b>
Call to Book 1-866-577-4817
Starting Rate: \$100
TripAdvisor Traveler Rating:  
<b>Atlantis Casino Resort</b>
Call to Book 1-866-577-4817
Starting Rate: \$150
<b>Grand Sierra Resort Casino</b>
Call to Book 1-866-577-4817
Starting Rate: \$69
TripAdvisor Traveler Rating:  

**4. Where to Buy Groceries:**

- |                   |                                      |                |
|-------------------|--------------------------------------|----------------|
| • Whole Foods     | 6139 S Virginia St, Reno, NV 89502   | (775) 852-8023 |
| • Trader Joe's    | 5035 S McCarran Blvd, Reno, NV 89502 | (775) 826-1621 |
| • Natural Grocers | 4819 Kietzke Ln, Reno, NV 89509      | (775) 448-9828 |

## 5. Restaurants:

There are a variety of healthy restaurants in the Reno area. Below are some of our favorites. You also can not go wrong with any of the bigger casinos as well as Midtown for restaurants.

- Great Full Gardens 555 S Virginia St, Reno, NV 89501 (775) 324-2013
- Whole Foods 6139 S Virginia St, Reno, NV 89502 (775) 852-8023
- Bowl 148 West St Reno, NV 89501 (775) 327-4443

## 6. Reno Weather:

Reno Weather can vary by the minute. It has snowed in Reno every month of the year, and therefore it is best to plan for extremely frigid temperatures in the winter and hot to cool temperatures in the spring and summer. The average temperatures for Reno are:

	<b>AVG. HIGH</b>	<b>AVG. LOW</b>	<b>MEAN</b>	<b>AVG. PRECIP</b>	<b>RECORD HIGH</b>	<b>RECORD LOW</b>
<i>JAN</i>	46°F	25°F	36°F	1.03 in.	71°F (2003)	-17°F (1916)
<i>FEB</i>	51°F	29°F	40°F	1.06 in.	75°F (1986)	-16°F (1989)
<i>MAR</i>	58°F	34°F	46°F	0.76 in.	83°F (1966)	-3°F (1897)
<i>APR</i>	64°F	38°F	51°F	0.47 in.	90°F (2012)	13°F (1956)
<i>MAY</i>	74°F	46°F	60°F	0.49 in.	98°F (1910)	16°F (1896)
<i>JUN</i>	83°F	52°F	68°F	0.51 in.	104°F (1940)	25°F (1954)
<i>JUL</i>	92°F	58°F	75°F	0.18 in.	108°F (2007)	33°F (1976)
<i>AUG</i>	91°F	56°F	74°F	0.23 in.	105°F (1983)	24°F (1962)
<i>SEP</i>	82°F	49°F	66°F	0.35 in.	101°F (1950)	20°F (1965)
<i>OCT</i>	69°F	39°F	54°F	0.51 in.	93°F (2010)	8°F (1971)
<i>NOV</i>	55°F	31°F	43°F	0.82 in.	77°F (2005)	1°F (1958)
<i>DEC</i>	46°F	25°F	36°F	1.03 in.	71°F (1940)	-16°F (1972)





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## **Patient check list for scheduling a Skype consultation**

In order to be eligible to schedule a Skype consultation, we require the following steps be taken prior to scheduling. Please use the following check list to help guide you through this process. First off please be sure to read through all of the literature sent to you via e-mail especially the distance brochure.

All paperwork needed can be found at <http://powerhealthreno.com/paperwork>

### **COMPLETE AND/OR SIGN THE FOLLOWING DOCUMENTS**

- Consultation paperwork
- NP Neurological Exam Packet (26 pages)
- A type written history of your condition, telling your health story, in your words
- Use the following link to pay for your Skype consultation (\$250)
  - Via Paypal at <http://powerhealthreno.com/consult> or
  - Contact the office to pay with a credit card over the phone or
  - Make a check out to “Power Health” and mail it to the office
- Submit the completed version of the items listed above. These documents can be submitted to the office in one of the following ways. By using our secure web server at:
  - <http://powerhealthreno.com/upload> or
  - Fax them to 775-329-8545 or
  - Mail them to the office (address listed above)

Once you have completed **AND** submitted all of the items on this check list, **AND** it has all been received by our office staff, please call us to schedule your Skype consultation. Please feel free to contact the office if you have any questions and or concerns regarding the requirements listed above.