

## 3-STEP CHRONIC PAIN PROGRAM

**Arizona Pain & Posture** is a local family-owned clinic that offers treatment for acute and chronic complicated pain and injury. We offer a comprehensive approach by treating the patient's whole posture pattern as well as the targeted local area, in order to relieve myofascial and neural strain patterns and decompress discs and nerves.

We call it **RegenAlign,™ the Bonacci Method of Regenerative Alignment**. Dr. Marc Bonacci slowly developed his method over more than 20 years working on complex pain patients. The approach is systematic yet flexible, and involves constant assessment and treatment throughout each session. Most patients find substantial relief within the first few sessions.

The Bonacci Method can alleviate pain and increase healing when other pain treatments have failed. We safely, effectively and affordably decrease pain and promote healing. We have been successfully working side-by-side with physiatrists, orthopedic surgeons, specialists, general practitioners and naturopaths for more than 20 years.

Our **3-Step Chronic Pain Program** begins with the Bonacci Method, continues treatment with Physical Therapist Jeanne Hills, PT, GCFP, using the **Feldenkrais Method**, and finishes with a Wellness Program designed to maintain strong posture and a pain-free life!

The body is designed to heal, not live in pain!

480.585.0252

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ARTHRITIS  
DEGENERATION  
STENOSIS  
DISC BULGES  
ACUTE  
CHRONIC  
SEVERE  
PRE-/POST-SURGICAL  
HEADACHE/TMJ/JAW PAIN  
BACK & NECK  
SHOULDERS & HIPS  
ARMS & LEGS  
PLANTAR FASCIITIS

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Call us for a  
**FREE CONSULTATION**

We accept Medicare and all insurance, auto accidents and worker's compensation. We also offer affordable cash plans.

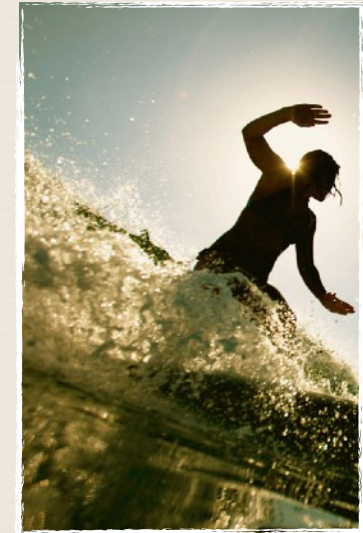
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## THE BONACCI METHOD OF REGENERATIVE ALIGNMENT™

Marc Bonacci, DC, PMMTP

Jeanne Hills, PT, GCFP



**PAIN RELIEF**

&

**POSTURE CORRECTION**





## With Gratitude...

"I have, for several years now, been referring patients to Dr. Marc Bonacci. If there is discord, some docs just have a knack for tipping the balance in favor of healing. Dr. Bonacci has this. It is based not only on knowledge and experience but also on the application to specific individuals."

**–Michael W. Loes, M.D., M.D.(H) Former director Arizona Pain Institute, Sierra Pain Consulting and Alternative to Meds Center, Sedona, AZ.**

"I have been treating patients with pain for a while and have not seen an approach so encompassing and effective. I recommend Dr. Bonacci to my patients and family."

**–Tamara Zach, M.D., Pediatric Neurology, Banner Health**

"For two years, I suffered with pain and I had seen more than 15 different chiropractors with little to no help at all for my low back and SI joint. After just one visit to Dr. Bonacci my pain was gone. He is amazing, the only chiropractor that combines his knowledge of the joints with his knowledge of the muscles to put your body back in place and get the muscles to keep you there."

**–Frank M.**

## SERVICES & TECHNIQUES

At Arizona Pain & Posture we use **The Bonacci Method of Regenerative Alignment™**, a multidisciplinary treatment for pain and injury that aligns muscles, fascia, nerves and joints. Our physical therapy utilizes the **Feldenkrais Method®**, a motion technique that re-trains the brain for proper movement, relieving pain and preventing its return.

### 1) Neural decompression: (spinal and peripheral)

Technique: **Manual nerve decompression** at the spinal level and peripheral nerve release. When properly performed, these techniques can relieve patients of severe acute and chronic pains. Patients are often surprised that we are able to rather quickly relieve nerve pain that has been there for a long time. Often we find signs of neural tension that goes unnoticed with traditionally applied orthopedic tests. ***Finding and relieving the neural tension before attempting other therapies or exercises is often the difference in their outcome.***

### 2) Joint alignment: (vertebral and extremity)

Technique: **Motion Mobilization** is gentle and effective in most cases, especially in difficult cases such as failed surgery, severe pain or injury. ***This correction is performed with the patient in active motion, which allows for gentle and safe joint alignment, different than a chiropractic adjustment.*** A Chiropractic high-velocity adjustment is a correction that is performed with the body in passive motion and is an effective way to restore motion to a misaligned joint. However, due to the nature of the correction being high-velocity, it is not for every situation.

### 3) Soft tissue alignment: (global posture network and local area of complaint)

Technique: **Skilled myofascial release** and manual therapy strategically applied to release strain patterns in the body and make corrective changes intended to improve posture and function. Often confused with general massage, **corrective manual therapy** is performed with greater intention and intelligence. We do offer massage which is also applicable to many pain conditions, but does not get the same results as corrective manual therapy.

**4) Passive modalities:** We offer **BEMER sessions** (Bio Electric Magnetic Energy Regulation), **ultrasound** and **muscle stimulation** to increase blood flow and cellular activity, helping the body to function optimally and speed healing.

We provide highly skilled **medical massage** in conjunction with these techniques to achieve superior results.

**5) Patient education:** We strongly emphasize the importance of patient responsibility. We help patients create a healing atmosphere. We discuss home-care plans consisting of heat, ice, kinesio-taping, exercises and stretches specific to each patient, as well as proper ergonomics when sitting, driving, working and sleeping. We emphasize diet and exercise as crucial to both healing and prevention. We provide **medical care review** and aid in decision making.

**6) Innovative assessment technique:** Differentiates a spinal lesion vs. an extremity lesion. Our technique has been developed by Dr. Bonacci during 20 years of treating severe chronic and complicated pain patients. Dr. Bonacci's innovative assessment allows him to troubleshoot a patient's condition and get beyond false negatives that too often result with traditional orthopedic tests.