Welcome!

— Arizona Pain & Posture —

Dr. Marc Bonacci & Physical Therapist Jeanne Hills

Experience safe-effective relief of pain, improved function and a higher quality of life. Soon you will be able to effectively alleviate and prevent your own pain, instead of spending time and money at doctors' offices.

There is no other treatment like *The Bonacci Method — TBM*. The technique was engineered over a 20 year period, serving a pool of thousands of chronic pain patients at the peak of the opioid epidemic, a unique time in medical history.

Back in 2005 Dr. Marc Bonacci was being referred 5-6 new patients a week, by top-notch medical doctors who managed chronic, complex pain and injury with long-term opioid prescriptions. Most medical doctors in town referred their struggling pain patients to these two doctors. In other words, if you were looking for a concentration of chronic pain and injury patients, it was here at Arizona Pain and Posture.

Almost every patient Dr. Bonacci was seeing had been through the gamut of treatment from general practitioner up the ladder - eventually to surgeon, neurologist. Prior to seeing Dr. Bonacci, most of them had seen several physical therapists and chiropractors, but their condition was not getting better. By the time they got to Dr. Bonacci, these patients had endured multiple treatments, were suffering terribly, lost hope, and settled for a lower quality of life on endless pain meds.
Faced with the reality of hundreds of chronic pain patients streaming through his office, Dr. Bonacci began to reverse engineer The Bonacci Method.

After years of clinical research he established safe, effective, consistent, reproducible results. With the encouragement of patients and referring doctors, he formally developed and trademarked The Bonacci Method.

Dr. Bonacci has gained a solid reputation amongst alternative and medical doctors by asking for their most complicated pain patients, looking for an opportunity to prove that TBM can help. The technique works. In fact, it works so well that many of the doctors send their beloved family members and friends to Arizona Pain and Posture.

Phone 480-585-0252 arizonapainandposture.com Marc Bonacci, DC, PMMTP

“Give the body a healing atmosphere and it will heal.” — Dr. Bonacci

The intention of Arizona Pain & Posture is to bring chiropractic and physical therapy to the next level — to treat tough, complicated cases and get safer, better results. Dr. Bonacci wanted to give patients a viable option when nothing else was working and they were facing surgery or a life of meds and suffering.

The Bonacci Method is a non-surgical, minimal-risk approach, with no heavy, hard or violent cracking or inducing pain with treatment. The technique is a series of gentle manual moves, done with hands, holding the body in different positions that commonly align the brain, spinal cord and nerves, followed by light work on muscles/fascia and joints. With all the parts aligned, there is less physical stress on the body. The result is pain relief and optimal healing.

TBM offers specific exercises, a home-care plan and a co-management/referral program to assure success. The exercises strategically align nerves, soft tissue and joints, and improve posture, motion, cellular regeneration and healing. One strict rule applies to all exercises: **Do not move into pain or poor posture!** Our Home Care Plan reviews and educates patients on what they need to do to invoke optimal healing. Our co-management/referral program, assures that you are informed of all of the possible medical and alternative treatments.

In 2017, Dr. Bonacci was introduced by a headache specialist/M.D. to **Jeanne Hills, P.T..** Jeanne had been successfully treating chronic pain patients for more than 30 years implementing **The Feldenkrais Method.** Jeanne and Dr. Bonacci agreed that this type of PT would be an amazing fit for the clinic.

Treating fragile, complicated cases requires gentle precision — not found in many techniques. Jeanne’s technique is both safe and very effective, as well as covered by most insurance. Our goal with APP is for every patient to be treated individually and experience all aspects of the clinic — they compliment one another and create a healing environment for you.

Dr. Bonacci holds a BA in Philosophy and Religious Studies from Regis University, and attended Life Chiropractic College. Dr. Bonacci is an Arizona

licensed Doctor of Chiropractic, and holds additional certification in Physical Medicine Modalities and Therapeutic Procedures. Bonacci Chiropractic, LLC was originally opened in 1998, and in 2004 transitioned into Arizona Pain & Posture.

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3-Step Pain Program!

— Arizona Pain & Posture —

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We pull patients out of the downward spiral and create positive healing momentum. Our 3-Step Program is especially effective in acute and chronic pain and injury, or fragile cases, such as surgical hardware, disc bulges, spinal injuries or pinched nerves. The same way we help severe patients is exactly how we treat less severe cases and prevent greater problems from developing.

What to expect? Expect to get better and stay better and have a better understanding of your pain/injury. **Nothing violent, ballistic, heavy or hard. No cracking or increasing pain or problems.** In addition to performing a traditional examination, we offer The Bonacci Method and Feldenkrais Method assessment for further insight to the origin of your problem and to identify compromised nerves, not often found on traditional exam. Based off of years of experience, our trademarked assessment utilizes posture, motion and gentle manual holds, to determine whether the origin of your problem is nerve, musculoskeletal, or both. We do offer traditional chiropractic adjustments when safe and appropriate.

STEP 1: De-Program with The Bonacci Method™ and Feldenkrais Method® Intended to identify the origin of the problem, decrease pain and treat strain patterns that have developed in the nervous system as well as in the musculoskeletal soft tissue and joint. By aligning the soft tissue, nerves and joints the body is able to regain motion and improve function, and pain

subsides. **This is the first step in creating a healing atmosphere! (6-12 visits)**

STEP 2: Re-Program with The Bonacci Method™ and Feldenkrais Method® More focussed manual therapy algorithm w/ review of old and new exercises. Patients begin 8-12 Functional Integration® sessions with physical therapist Jeanne Hills, the only PT in the state certified in Feldenkrais. The gentle exercises re-train the brain-body connection, allowing the parts to move properly, with the ease and grace of a child, replacing bad habits with good ones. The synchronized exercises and manual work relieves pain and improves function. **(6-12 visits)**

STEP 3: Wellness Program Visit frequency decreases as we safely move to wellness care and more traditional exercising in PT or at home or gym. **Don't wait for things to get worse. Think ahead!** You only have one body. Avoid unnecessary suffering and medical procedures, not to mention loss of quality of life, time with loved ones! **(1x/1-5 weeks)**

Home Care Recommendations: Your involvement is VITAL! We educate on how to safely restore proper posture, motion and strength. We assess environment at work and home, addressing negative factors challenging your pain. Dr. Bonacci has put together a list of categories we review together to create a healing atmosphere.

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Healthy PERKS

Resources to assist on your journey to get healthy and stay healthy, feel better and look better. (*Must be seen 1x/4 weeks with Jeanne Hills or Dr. Bonacci.)

Amazing customer service. If you have a complaint or concern, please pull one of us aside. We are here for you to get better and stay better, and we don't want anything getting in the way.

20% — 25% off vitamins, supplements, protein powder, green drinks, meal replacement and much more. **FULLSCRIPT**

15% — 20% off IV Therapy plus, one FREE add-on.
WWW.ARIZONAIV.COM

20% off Exercise Package. Learn to exercise safely and correctly. Go from beginner to gym pro with the help of our individualized posture, motion and strength program. Active program 2-3x/week. Wellness 2x/1-4 weeks for review and modification of home plan. Delivered by a trained therapist.

Feldenkrais Class: Learn to move with the grace of a ballerina, as the method guides you to NOT move into pain, and allows you to feel more free, safe and secure in your movements. Designed to increase the brain-body connection, Feldenkrais helps your body resolve unhealed pain and injury.

BEMER Advanced PEMF technology from Europe, research proven to increase microcirculation, healing and pain modulation, 8-minute sessions. **Ask about purchasing one to have at home for maximum benefit**.

Migun Physiotherapy Table massages with heated Jade healing stones. Stress relief and relaxation.

Online Resources PDFs & Videos. (Anti-inflammatory Diet, Ergonomics, Yoga video clips, Feldenkrais lessons and more.).

15% off Medical Decision Making with Dr Bonacci. 30-45 minutes history/case review, followed by review of medical and alternative treatment options.

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