

## **MEET IRENE DUBINSKY LONDER, DC**

Dr. Londer commits her time to helping people break free of pain & regain their lives. This has been a lifelong commitment. After emigrating from Russia, she reinforced this passion by volunteering at Coney Island Hospital in NY, local nursing homes and pain management practices. After graduating from Temple University she went on to Pennsylvania Chiropractic College, graduating Cum Laude in 1995. Dr. Londer is an active member of the Pennsylvania Chiropractic Association & American Chiropractic Association.

## **MISSION STATEMENT**

MY PRACTICE IS BASED ON THE BELIEF THAT MY PATIENT'S NEEDS AND GOALS FOR HEALTH ARE OF THE UTMOST IMPORTANCE. BY UTILIZING SPECIALTY TECHNIQUES, I STRIVE TO RESTORE HEALTH AND FUNCTION IN THE QUICKEST AND SAFEST WAY POSSIBLE. I PROMISE TO GUIDE AND EDUCATE MY PATIENTS ON WAYS TO LEAD A HEALTHY LIFESTYLE WHILE RESPECTING THE BODIES NATURAL HEALING ABILITY.

## **MEET OUR TEAM**



Our team consists of health care professionals dedicated and committed to reinforcing the mission statement.



Dr. Irene Dubinsky Londer,  
Chiropractor

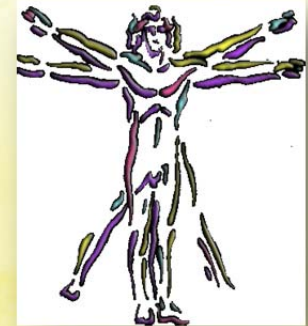


David Londer,  
Office Manager/ Front Desk Coordinator



Donna Rae Jarrell,  
Massage Therapist

## **LONDER FAMILY CHIROPRACTIC CENTER**



## **CHIROPRACTIC CARE FOR THE ENTIRE FAMILY!**

**Phone: 610-783-1311**

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SUITE #G-12**

**KING OF PRUSSIA PA, 19406**

**WWW.LONDERCHIROPRACTIC.COM**



## **CHIROPRACTIC CARE**

It's Simple. Spinal damage at any age can cause misalignments of the head, neck and back. The result is stress on the nervous system, muscle spasms, postural distortion and spinal decay. Nerves going to all parts of the body can be affected. Correcting the spine can alleviate stress, pain and discomfort, allowing the body to heal and function properly.

Our specialty technique, Myofascial Release Therapy, gives our patients an advantage to a treatment protocol that yields:

- Quicker, more effective, longer lasting results
- Faster transition to a higher level of activity by combining chiropractic adjustments with exercise
- An approach to wellness that is integrative, focusing on structural integrity, symmetry and balance

## **NUTRITIONAL SUPPLEMENTS**

### A NECESSITY FOR TODAY'S HEALTH

Hectic lifestyles, stress, poor eating habits, & pollution, all contribute to poor health.

Many patients lack proper nutrition in their diet because the foods we eat are so devitalized, refined, & processed. This is why whole food supplements are so important. They provide our patients with whole food vitamins, minerals, and other nutrients that their bodies need to achieve health & vitality.

We combine results from systems survey questionnaire, nutritional consultation and examination to get a thorough understanding of your overall health. From there we build an individualized program to support your primary concerns and health goals. Your program is designed to empower the body with the ingredients needed to aid in the healing process. Let us custom design a wellness program specific to your needs.

## **WHAT WE OFFER**

- Individualized, goal oriented treatment plans
- Complete hands on attention & support through all phases of care
- Same day immediate appointments
- On site diagnostics, nerve conduction tests, by American Imaging Inc.
- Affordable family wellness care programs
- Free ½ hour spinal examination and consults
- Variety of Massage techniques and Exercise programs
- Purification/Detoxification Programs
- Orthotic Stabilizers for added support and balance
- **MOST INSURANCE ACCEPTED**
- **MEDICARE, AUTO INJURY, WORKCOMP**

## **MASSAGE THERAPY**

RELIEF FOR THE MIND & BODY

In today's fast paced world, massage can be an important part of relieving the way stress affects the body. Combining Chiropractic care with massage is an effective way to control pain and obtain quicker results. Our office offers pregnancy massage, deep pressure, Swedish, reflexology, aromatherapy, lymphatic drainage and much more. Our therapists are talented, coming to us with a wealth of experience.