



14300 Gallant Fox Lane  
Suite 201  
Bowie, MD 20715

Phone (301) 352-0450  
Fax (301) 352-6510  
[www.taberchiropractic.com](http://www.taberchiropractic.com)

### ***Philosophy***

Doctors Diane and Ted Taber attended New York Chiropractic College. They believe in a multifaceted approach to healing and that everyone should be looked at as an individual. The doctors utilize a variety of techniques in order to tailor a treatment plan to the patient's specific needs. Most commonly they use Diversified, Instrument Adjusting, Drop Table, and Flexion-distraction. Muscle therapy techniques are also often incorporated into the treatment plan. Treatments may also include stretches, core / postural exercises, orthotics, and adjunctive therapies such as hydrotherapy and electric stimulation.

### ***Other Services***

- Free Spinal Health Classes every two weeks. The class is 50 minutes. Topics include sleeping, lifting, posture, ergonomics, arthritis, disc problems, emergency back care, and the anti-inflammatory diet. Light refreshments are served. Please call to register
- Ergonomic products such as Ameribags (purses and bags) and Posture Packs (backpacks)

### ***Hours***

**Monday and Wednesday** 9-12 (Dr. T) and 3-6:30 pm (Dr. T and Dr. D)

**Tuesday** 3-5:30 pm (Dr. T)

**Friday** 7:30 – 2 (Dr. T)

**Thursday** 3-6:30 pm (Dr. T and Dr. D)

**Saturday** 8:30-11 am (Dr. D)

### ***Insurance***

We will work with your Primary Physician and/or Specialist.

We are providers for most health plans such as

**AUTO ACCIDENT / PERSONAL INJURY**

**WORKERS COMPENSATION** (Except Federal - Department of Labor)

**BLUE CROSS BLUE SHIELD** (Federal FEP, Carefirst of MD and DC, Blue Preferred Health Network)

**MAMSI** Optimum Choice, Alliance PPO, MDIPA, MAPSI

**AETNA** HMO/PPO

**CIGNA** PPO (Not through ASHN)

**MAIL HANDLERS SYSTEMS (PHCS)**

**GUARDIAN**

**PRIVATE HEALTHCARE SYSTEMS (PHCS)**

**UNITED HEALTHCARE** PPO

**TRIAD**

**KAISER**

### ***Convenient Location***

South West corner of 450 and 197 in Bowie (behind McDonald's) in the Bowie Office Park.

[www.taberchiropractic.com](http://www.taberchiropractic.com) Please visit our website for more information and to sign up for our free monthly e-newsletter.