

Your brain (the most complex structure in the known universe) monitors and controls the function of every other organ system in your body; soft, like butter, it sits in a very hard shell, that, while designed to protect and isolate it from the outside world, can often be the source of trauma to the most delicate organ we have.

For many years, our limited understanding about the inner workings of the nervous system, and how it functions, prevented doctors from properly identifying and treating conditions that actually originate in the brain. Now, with advances in testing and the ease with which professionals can share their knowledge, doctors are beginning to see that many diseases, while seemingly different in their presentation, are very often related in their origin, a poorly functioning brain.

The good news? Research continues to show that our brain and nervous system, through a process known as “neuroplasticity,” can actually regenerate, heal and grow beyond what we ever thought was possible. It means that you're not stuck with the brain you have, and, with the right intervention, you can not only make it better, and in some cases, you can actually recover from neurological damage that we once thought was permanent.

The work of functional neurology is a systematic approach that identifies specific neurological weaknesses and designs the right therapies to tap into the nervous systems remarkable ability to recover normal function. It begins with a detailed history and review of existing records (prior medical records of imaging and testing are beneficial), followed by an extensive and

detailed neurological evaluation designed to test various aspects of brain function, such as eye movements, balance, coordination, reflexes and sensory perception, just to name a few. These tests are non-invasive and provide insight not only into what isn't working properly, but what, if anything, can be done to restore normal function.

Every treatment session is unique and customized to the individual needs of each patient: along with a brief re-evaluation, it can include anything from specific eye exercises, passive sensory therapies, adjustments intended to activate specific parts of the brain, instructions on home therapeutic activities, or any number of interventions designed to support neurological recovery. The frequency and duration of these treatments will depend upon individual clinical needs and every plan is designed with the realistic and tangible expectation of improving a patient's neurological and general health.

The practice of functional neurology can be applied to a wide variety of neurological disorders. While not an exhaustive list, here are some of the most commonly recognized conditions for which functional neurology can often help: chronic pain and spasm, migraines, balance disorders, memory loss, anxiety, depression, hyper immune responses, post-traumatic stress, movement disorders (Parkinson's, ataxia), ADD/ADHD, vertigo, autonomic dysfunction, residual neurological deficits caused by stroke, traumatic brain and

spinal cord injuries, and some cases involving autism spectrum disorder.

If someone you love is suffering from a serious change in their health, or a chronic unresolved condition, please consider scheduling them for a comprehensive neurological exam to determine whether we can be of any help. When possible, non-invasive treatment is tailored to individual brains, not merely clusters of symptoms, as the goal is to promote recovery and long term neurological health.

For further information about Functional Neurology, please consult the following resources:

Neuroplasticity:
<https://www.youtube.com/watch?v=ELpfYCZa87g>

Functional Neurology And The Evolution of Neuroscience:
<https://www.youtube.com/watch?v=zwZ9tlugJic>

Healing Quest: Treat ADD and Dyslexia Naturally:
https://www.youtube.com/watch?v=3lZ4-bnf_2U&feature=player_embedded

With the exception of a short tour of duty in the U.S. Army, Dr. Paul N. Siemers is a thirty four year resident of southern Minnesota and a 1998 graduate of Northwestern College of Chiropractic. Inspired to help the ever expanding population of patients suffering from traumatic brain injury and other complex neurological diseases, Dr. Siemers brings eighteen years of experience in private practice together with 6 years of study in the progressive field of functional neurology to help those who feel they have failed to recover with previous interventions and do not know where else to turn with complex and persistent neurological symptoms.



The practice of functional neurology is currently non-insurance based, although HSA reimbursement is available. The 2021 fee schedule is \$130 for the initial evaluation and \$65 for follow-up visits. Payment is due at the time of service.

Please note that all records related to functional neurology visits are maintained by Dr. Siemers, and are kept distinct and separate from those maintained by the Body Works Clinic. Scheduling can be handled either by the Body Works Clinic or Dr. Siemers. Questions regarding treatment need to be addressed to Dr. Siemers directly at psiemersdc@gmail.com

What is functional neurology?

How can it help me ?

Now available on a consultation
Basis at the Body Works Clinic