

## Why Chiropractic?

The Centers for Disease Control and Prevention (CDC) endorsed Chiropractic therapy as a safer alternative to opioids in its recent pain management guidelines.



The overuse of opioids for chronic pain has grabbed headlines and drawn the attention of the CDC. It's reached epidemic proportions with a significant impact on our communities. At least 40 people in the U.S. die each day from an overdose of these powerful drugs. The number of people on pain killers has quadrupled since 1999, fueling a crisis in side effects and misuse.

If you suffer from chronic pain and are concerned about the highly addictive nature of opioid pain killers, consider Chiropractic care.

Since 1987, the professionals at Moss Chiropractic and Wellness have successfully helped thousands of patients to manage pain caused by a wide variety of conditions.

- Neck and back pain
- Headaches (migraine and occipital neuralgia)
- Carpal tunnel
- Sciatica
- Fibromyalgia
- Hip, knee and foot pain
- Shoulder, arm and wrist pain
- Disc problems
- Numbness and tingling
- Scoliosis
- Muscle spasms
- TMJ disorders
- Spondylosis (arthritis of the spine)
- Radiculopathy (disease or injury of the spinal nerve)
- Complex regional pain syndrome (CRPS)
- Myofascial pain (muscle-related pain)
- Arthritis (joint-related pain)



Moss Chiropractic and Wellness has been in practice for three decades and is committed to correcting alignment problems, alleviating pain, improving function and supporting the body's natural ability to heal itself.

Drs. Raymond and Gabriella Moss met while in Chiropractic school and are both graduates of Palmer College of Chiropractic in Davenport, Iowa. Dr. Raymond Moss has a bachelor's degree in Biology from Bucknell University, and Dr. Gabriella earned her bachelor's degree in Public Health.



Drs. Moss and their staff are dedicated to providing the chiropractic procedures that have been scientifically proven to make a structural correction of the spine. Objective studies, pre and post x-rays and electronic posture evaluations are among the measures used to identify the causes of problems, the appropriate corrective treatments and, most importantly, strategies to avoid recurrence.

Moss Chiropractic and Wellness has been proud to support a wide range of community events, organizations and causes, including Jeremy's Run, Sandy Spring Museum Strawberry Festival, Alex's Run/Never Back Down Foundation, Olney Chamber of Commerce, Sandy Spring Lions Club, National Night Out, Olney Boys and Girls Club and Our Lady of Good Counsel High School.



**M** MOSS  
CHIROPRACTIC  
AND WELLNESS

Fair Hill Shopping Center

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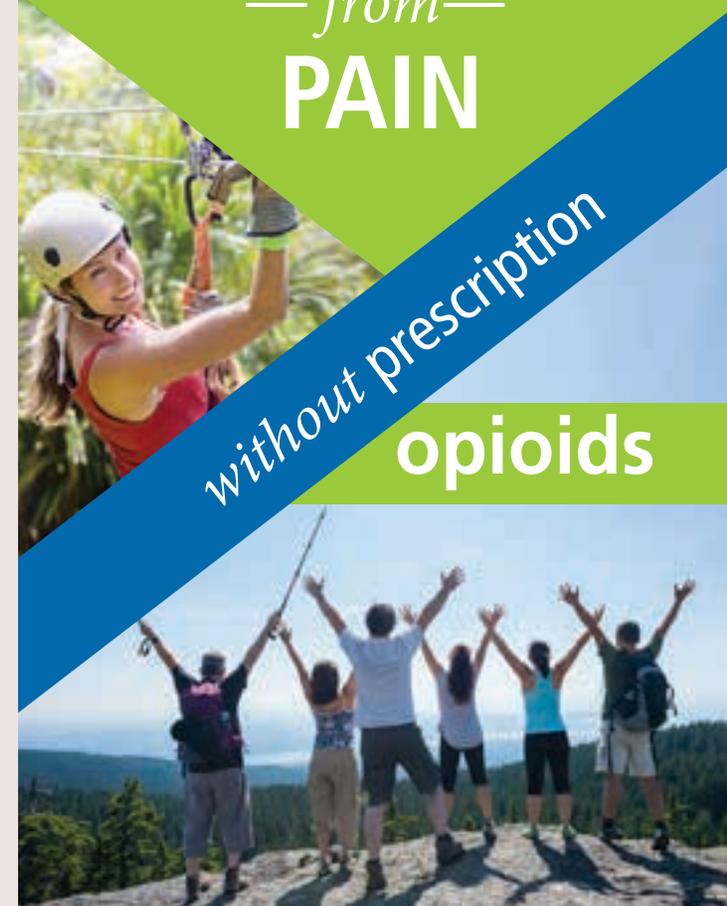
# RELIEF

— from —

# PAIN

Without prescription

# opioids



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Chiropractic is proven to be effective in alleviating acute and chronic neuro-musculoskeletal pain, headaches and soft tissue-related pain. With virtually no side effects, Chiropractic treatment can reduce and even eliminate the need for powerful opioids and other strong drugs.

At Moss Chiropractic and Wellness, we take great pride in offering corrective, therapeutic and wellness-based chiropractic care to the greater Olney area. For more than 30 years, we have been committed to exceeding the expectations of our clients.



Our husband-and-wife team of dedicated chiropractors, Drs. Gabriella and Raymond Moss, work with a staff of highly skilled professionals to offer relief and corrective care, as well as Lab-based Nutrition services.



We provide comprehensive, individual and goal-oriented treatment with emphasis on biomechanical evaluations, manual techniques and active patient participation. We have seen how optimum health can be achieved through natural means. Our multidisciplinary approach to health and wellness encourages the body to achieve a state of homeostasis, or balance, a state necessary for your body to function fully and properly.

**Call today to schedule your complimentary exam and hydro-massage.**

Moss Chiropractic and Wellness was voted "Montgomery County's Best" Chiropractic Office and was honored in 2016 by the American Institute of Chiropractors as one of the "10 Best Chiropractors for Client Satisfaction."



## MOSS CHIROPRACTIC PATIENTS SHARE THEIR EXPERIENCES

“I’ve been to many chiropractors over the years, and what distinguishes the “Moss approach” is that they both identify the source of the problems, and then treat the cause, while monitoring the symptoms ongoing. Patients are in very good hands at Moss Chiropractic. They really care about you.”

—Mark Wilensky

“I am a neonatologist and deal with very sick and premature babies, requiring extreme attention to details and focus. After my first appointment, I told my wife they really know what they are doing. They explained the source of my problems and what to expect from treatment. I am now pain free and I thank you, Drs. Ray and Gabriella Moss.”

—Dr. M. Woldesenbet

“When I started with Moss Chiropractic, I suffered from extreme headaches, neck pain and lower back pain. After the first treatment, I had relief from my neck constriction. I was pain free in a very short time. Now I am off all medications for pain, and I sleep soundly through the night.”

—Janice Swope



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