

Why You **NEED** Chiropractic Care after a "Low Speed" Collision!



Having little (or no) damage done to your vehicle is NOT a free pass to ignore your whiplash!

Luckily, injury to this joint tends to respond very well to spinal manipulation.

That's why some medical research has shown that Chiropractic care is more than **90% effective in relieving even chronic whiplash pain—even after years of failed medical attempts.**

Though you may feel fine right after a whiplash, most symptoms occur within 24 to 72 hours.

You may experience headaches, neck, back, shoulder, or arm pain, numbness or tingling.

However, some of the worst damage to your discs and spinal joints occurs over time.

It Won't Just "Go Away"!

Research shows that one year following a whiplash injury—without

proper treatment—8% remained totally disabled, 59% continued to have headaches and 56% still had neck pain!

Nearly half of whiplash victims will develop long-term pain varying from very minor to severe. **About 10 to 12% will become disabled.**

A survey of 2,184 residents of Saskatchewan revealed higher frequencies of headache, allergies, breathing disorders, cardiovascular disease, digestive disorders, and low-back pain for those with a history of whiplash injury.

Boost your health and bid your pain "good-bye"... naturally!

Call Now!!

(Source: Croft AC: Whiplash and Mild Traumatic Brain Injuries: A Guide for Patients and Practitioners. SRISD Press, Coronado, 2009.)

The largest number of rear impact crash injuries occur when there is little or no vehicle damage, according to a study by the *Insurance Institute for Highway Safety*.

Based on human subject crash tests performed at the *Spine Research Institute of San Diego*, **67% of subjects exposed to only a 7 mph closing-velocity collision had long-term complaints!**

Spinal Exams are Essential!

The *facet joint* is one of the primary sources of pain among chronic whiplash sufferers.



How "Healthy Facet Joints" Can Mean a

Happier Life!

Maybe you've never heard of them, but your "facet joints" are actually the keystone of a healthy spine. They provide motion, flexibility, and stability to your entire spine.

to your bone and a smooth lining that secretes fluid to lubricate your joints.

This capsule, or ligament, helps to protect and stabilize your spine.

Because the capsule is supplied by various nerves—the slightest injury, whether it's overstretching or tearing—can cause severe pain.

You rely on these joints every time you reach, twist, and bend.

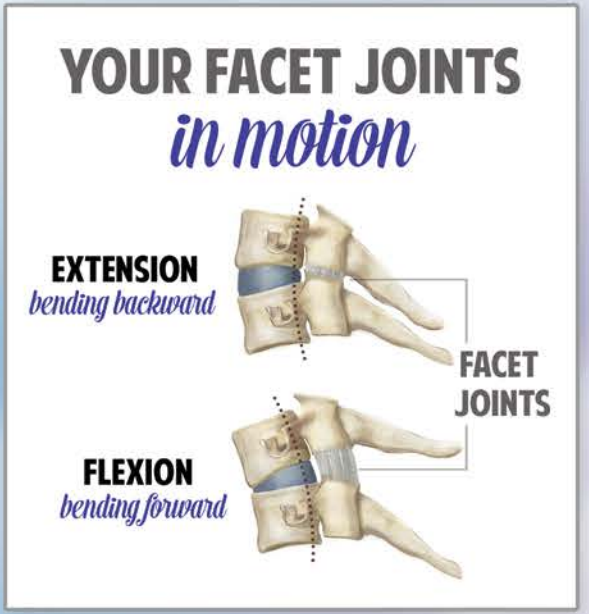
Spinal adjustments have been proven to help keep facet joints in good working order!

Whether you're working, working out, or hanging out with your grandkids, you have to admit—happy joints help put a smile on your face!

Prevent Pain & Slow Down Spinal Aging!

Facing your back, your facet joints run in pairs down your entire spine.

These joints are much like your knee and hip joints. They have a tough outer capsule attached



Abnormal motion over time, as well as trauma to the joint, can lead to discomfort, weakness, and stiffness anywhere along your spine.

When your facet joint ligaments are injured or inflamed, surrounding muscles go into spasm to protect the injured joint. The end result is increased muscle pain and joint stiffness.

Spinal Adjustments Target Facet Joints!

The heart of Chiropractic care is the spinal adjustment.

Research shows Chiropractic adjustments trigger nerve responses that stimulate the facet joint. This promotes tissue healing and restored joint function.

Your facet joints are vulnerable to injury and the toils of daily wear-and-tear. Every spinal adjustment we provide supports the health and function of yours spinal joints. They also alleviate related muscle pain. ❖

Don't wait! Call now!!



Don't Let "CHRONIC PAIN" Strain Your Relationships!

Research warns that chronic musculoskeletal pain can disrupt your life and impact your relationships.

Let's face it: Without that nagging pain, there would be a lot more joy and a lot less distress in your relationships.

Yet, according to an American Pain Foundation survey, more than half of respondents felt they had little or no control over their chronic pain.

Your constant pain is not only hard for you to endure—it's hard for loved ones to see you suffer. One of the best gifts you can give your Valentine and your family is to work with us to resolve your pain issues, naturally.

Chiropractic care is a proven, effective way to alleviate headaches, back, neck, shoulder, arm, hip and leg pain, without drugs or surgery.

Live Life to the Fullest!

Imagine doing what you need and want to do—without pain or depending on others.

Two decades of research have shown that chronic pain can put a damper on romantic relationships.

We can help you avoid the stress and heartache of chronic pain that can lead to physical limitations, drug side effects, income losses, mounting expenses, and poor health.

There's a Better Way!

Aren't you tired of canceling your travel plans, social events, fitness activities, and just plain living in misery day after day?

Thanks to Chiropractic care, you can have hope and power over pain!

There's a good reason that an estimated tens of millions of Chiropractic patient visits take place in the U.S. every year!

It's the same reason surveys show a 99% satisfaction rate among Chiropractic patients.

Chiropractic care has been proven to control musculoskeletal pain without drugs, hospitalization or surgery ...for over a century!

Don't let the most important things in life pass you by! Get natural pain relief now! ❖

Call Us TODAY!



by Nicole Welsh

"Chiropractic Healed My Whiplash!"

I had been in a car accident a long time ago, but never got checked by a doctor.

Twenty years later, I was having a lot of pain in my neck. My medical doctor took x-rays and found nothing, but the pain and burning sensation was too much, so I found a Chiropractor and made an appointment.

The x-rays showed that I had whiplash from that car accident long ago!

I started seeing my Chiropractor on a regular basis, and within about a month, I saw a significant change in my pain. With regular adjustments, stretching and exercises I got back on track.

I couldn't be happier now! My Chiropractic experience gave me pain relief, and for that, I will always be grateful. Anyone with problems like mine should try out Chiropractic. ❖



Have a Heart!

Since you love the way you feel under our care, why not share the love!

Thank you for telling your friends and family about us.