



SAY “Goodbye” TO SCIATIC PAIN NOW!

Sciatica affects 40 percent of adults during their lifetime!

A recent study showed that **60 percent of sciatica patients who received spinal manipulation benefitted to the same degree as those who underwent surgery.** However, surgery carries serious risks and financial drawbacks.

Conservative Chiropractic care is **the proven, safer choice!**

Why Suffer When You Don't Have To!

Sciatica can begin slowly and intensify over time, until you can't bear another second of burning pain and can hardly stand up straight! Symptoms can worsen with prolonged sitting, sneezing, coughing, bending, or other sudden movements.

Sciatica results from an irritation of one of the nerve roots in your lower back. You may have severe pain, weakness, pins-and-needles sensation, or numbness along the path of your sciatic nerve.

It can hurt from your hip to your toes and, left untreated, can become disabling!

With regular Chiropractic care, that doesn't have to happen!

Seek Chiropractic Care First!

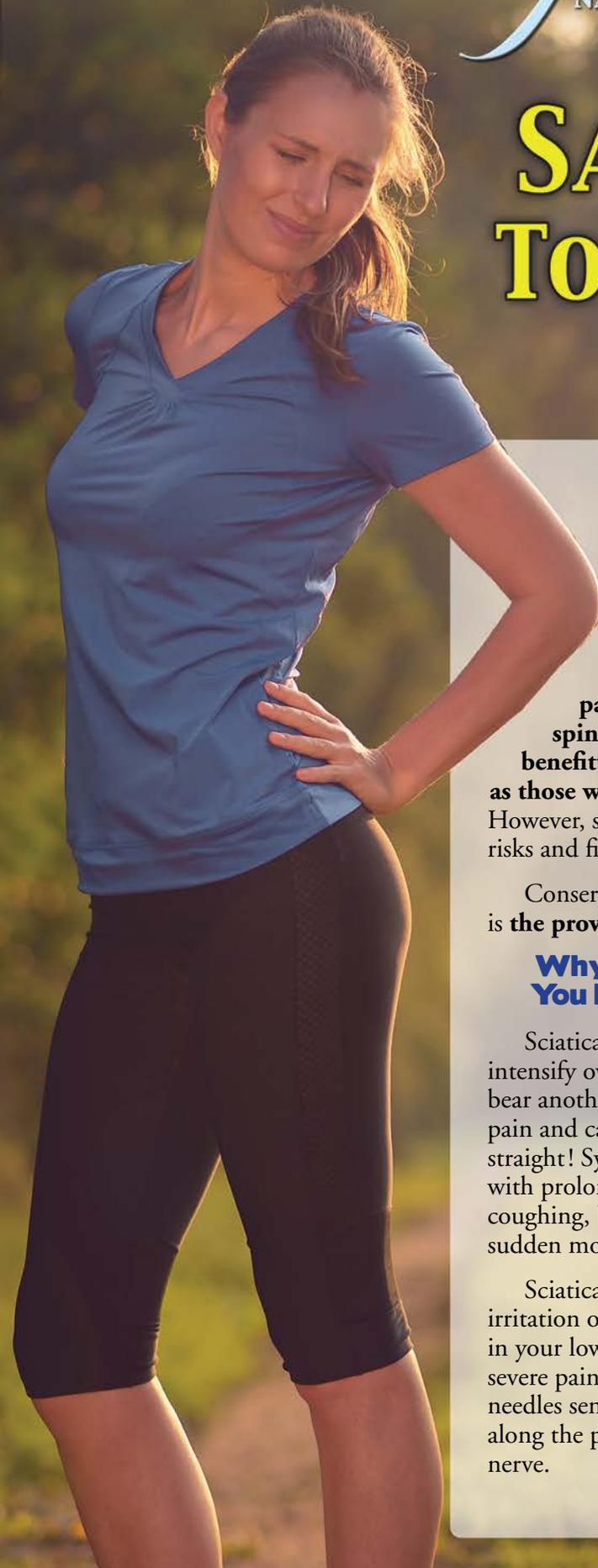
Your sciatic nerve is formed by nerve roots that emerge from the lower spine, which join together in the hip region and run down the back of each thigh. Near your knee, the sciatic nerve branches into smaller nerves that extend into your calves, ankles, feet and toes.

Your spinal discs provide shock absorption and cushion between each vertebra. **After an injury or as you age, your spinal discs can deteriorate and become drier, flatter and more brittle.**

The tough outer covering of your discs can develop tiny tears that allow the jelly-like center to seep out (herniate).

A *herniated disc* can press on your nerve root and cause severe pain. A series of adjustments can **maintain proper spinal alignment, help “decompress” your spine, and remove sources of nerve irritation.**

Don't delay. Call now!



STOP YOUR "NECK PAIN" Once and For All!

Discover how Chiropractic care can **relieve that kink in your neck, stiffness, or sharp pain as you do your computer work, read, exercise, or simply turn your head.**

Studies show that Chiropractic is safe and effective neck pain relief—*without drugs or surgery.*

The flexibility of your cervical spine allows you to move your neck in every direction. But that's also why your neck is susceptible to pain and injury.

Your cervical spine supports the full weight of your head, which is, on average, about 10 pounds. So neck pain is often caused by what you do every day!

Extended sitting, repetitive movement, stress, car accidents, falls, blows to your body or head, normal aging, and everyday wear and tear... can alter normal cervical joint motion.

Neck Adjustments Are SAFE and EFFECTIVE !

Our patients often report the restored ability to turn and tilt their head—with lasting results!

That's because we aim to **correct** poor biomechanics that cause neck tension and pain.

Cervical spinal manipulation is a precise, gentle procedure applied to the joints of your neck. **A series of neck adjustments work to improve the mobility of your spine and restore your range of motion.**

A study published in the prestigious medical journal, *Spine*, evaluated 50,276 cervical spinal manipulations and reported no serious adverse effects!

Study Shows Over Half Got 75% Pain Relief

A National Institutes of Health study compared Chiropractic manipulation, pain medication, and exercise for the treatment of neck pain.

After 12 weeks, **Chiropractic care achieved the best results.** About 57 percent of those that received Chiropractic care reported **at least a 75 percent reduction in neck pain.**

Call now to end your nagging neck pain!

Chiropractic Research & Reviews *At a Glance!*

Chiropractic Helps Avoid Surgery

"Reduced odds of surgery were observed for...those whose first provider was a Chiropractor...42.7% of workers [with back injuries] who first saw a surgeon had surgery, in contrast to only 1.5% of those who saw a Chiropractor."

-Keeney, et al. (2012), Spine

Help for Low-Back Pain

This study conducted a search of literature on low-back pain consisting of 803 source documents from credible, peer-reviewed journals. Existing research evidence on the Chiropractic management of low-back pain concluded that:

- Spinal manipulation is used to **reduce pain and improve function** in patients with both chronic and acute low-back pain.
- Patients undergoing spinal manipulation treatment for low-back pain often experience **improvements in function and a reduction in their pain levels.**
- Spinal manipulation, along with exercise is likely to **improve symptoms, increase the speed of recovery and reduce the recurrence of pain.**

-Lawrence, et al. (2008), Journal of Manipulative and Physiological Therapeutics

CONSERVATIVE CARE = COST EFFECTIVE



source: The American Chiropractic Association (ACA)

Chiropractic Care Can Save You Money

"Low-back pain care initiated by a Doctor of Chiropractic can **save you from 20-40 percent on health care costs** when compared with care initiated through a Medical Doctor according to a study from 85,000 Blue Cross Blue Shield beneficiaries."

-Liliedahl, et al. (2010), Journal of Manipulative and Physiological Therapeutics

Natural Headache Relief

"Cervical spine manipulation was associated with **significant improvement in headache outcomes in trials involving patients with neck pain and/or neck dysfunction and headache.**"

-McCrorry, et al. (2001), Duke Evidence Report

"Chiropractic was a 'Life Changer' for Me!"

by Richard Snyder

I started going to the Chiropractor in 1992 because I was in extreme pain and was diagnosed with a lower lumbar sprain. Because my back was out, it pulled my muscles to the side. I looked like The Leaning Tower of Pisa!

At first, I received therapeutic treatments pretty frequently to alleviate serious pain and crookedness.

With treatment, I eventually returned to my regular activities but knew to be careful.

My Chiropractor showed me proper stretches and exercises which were instrumental in preventing future episodes with my back. **They are knowledgeable about back and spine issues and treat every case on an individual basis.**

I was recently in an auto accident and returned to my Chiropractor because of the excellent care and positive response I had with my prior treatments. The office staff and doctor are very professional and caring. **Chiropractic care helped me to return to a good quality of life. ❖**

Over Here! *Check this Out!*

Chances are...you have a friend, family member, or co-worker who recently complained of headaches, back pain, neck pain, shoulder pain, leg pain, or wrist pain. Please let them know we can help!