



We Can **STOP** Your Back, Hip & Leg **PAIN!**

Don't wait for your "clicking" hip, pelvic pain, leg pain, or aching back to improve on its own!

An unstable sacroiliac joint can go unrecognized without a trained eye. It's often mistaken for a herniated disc or other musculoskeletal conditions. **Resuming your normal routine starts with proper diagnosis and treatment!**

Chiropractic correction of your *Sacroiliac Joint (SI Joint) Dysfunction* can **reduce your painful nerve irritation, inflammation, and stiffness.**

We Lift the Pressure!

Not to be confused with your "ball-and-socket" hip joint, your sacroiliac joint is a cartilage-like joint between your sacrum (the triangular bone above your tail bone) and ilium (a part of your pelvis bone).

Strong ligaments hold your sacrum and ilium together, forming the sacroiliac joint. The goal of Chiropractic care is to **maintain proper alignment of your sacrum and ilium.**

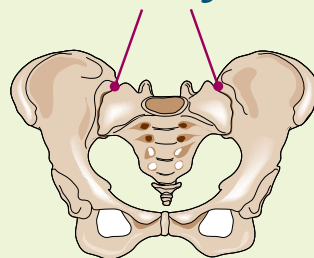
A misaligned sacroiliac joint can be very painful, even mimicking *sciatica*. It is usually painful right over the joints, giving rise to low-back, buttock, and leg pain.

Sacroiliac dysfunction can occur with trauma, pregnancy, or may come on slowly, producing uneven pressure on your spine. Left untreated, this imbalance can lead to problems along your entire spine!

Get Results Now!

A small single-blind study compared various treatments for the relief of SI joint-related back and leg pain.

Sacroiliac Joints



The European Spine Journal (Oct. 2013) reported that researchers determined the success rate for manual therapy was 72%—compared to 50% for corticosteroid injections and only 20% for physical therapy.

For proven, lasting pain relief *without* the harmful side effects of drugs...

Call Us Today!



We'll Help You With "Fibromyalgia"!

Why suffer from pain, debilitating fatigue, muscle tenderness, joint stiffness, and insomnia often associated with fibromyalgia—when we can help!

We are trained to identify structural problems and treat resulting pain naturally, as well as provide holistic healthcare that includes managing the symptoms of fibromyalgia.

You Can Access These Health Benefits, Too!

Decorated U.S. Army Brigadier General Becky Halstead who served in Iraq and Afghanistan, recently retired after being diagnosed with fibromyalgia—a syndrome affecting the muscles and connective tissues.

She was prescribed every drug imaginable until it began to erode her physical and emotional health.

Finally, a close friend suggested Chiropractic care. As a result, Halstead has since returned to a normal, nearly pain-free life!



U.S. Army Brigadier General Becky Halstead

Her program of Chiropractic care improved her joint motion, reduced (and in some cases eliminated) her pain, fatigue, sleep deprivation and depression.

"Spinal adjustments, along with postural and nutritional advice I received, helped to treat the fibromyalgia and allowed me to have many days with minimal pain—and most days without any medications. The care of a doctor of Chiropractic was life changing for me."

Brig. General Halstead has made it her personal mission to educate others with fibromyalgia to consider Chiropractic.

Two HUGE "Takeaways"!

First, you may be suffering needlessly with a condition that can be effectively treated right here, right now, in this office.

And second, a simple referral to Chiropractor transformed Halstead's life of agony into a life filled with overall wellness and health?

Call now...and make that life-changing referral to your family and friends today! ❖



"My Chiropractor Keeps My Whole Body Feeling Better!"

by Marilyn Henning

body and making them hurt as well. I was started on a regimen of adjustments, massages and exercises.

Almost immediately, I felt some relief, and within 6-8 weeks, I felt completely normal. Since then, my Chiropractor has helped me with lower back pain.

My husband has arthritis and my son is a hockey player who takes hard hits on the ice. Both of them go to my Chiropractor as well; it's a family affair!

We are all happy with our results and keep to our maintenance schedules to keep feeling our best. ❖

Correcting the "ROOT CAUSE" Keeps Your Pain Away!

Chiropractic care is **safe, effective pain control...**and a positive step toward avoiding the dangerous path of taking commonly-prescribed addictive narcotics, such as opioids.

Proper body mechanics help you move without pain. That's why Chiropractic care is central to your overall well-being and comfort.

Left untreated, fixated joints paired with irritated, inflamed soft tissue, leave you at risk for having intolerable pain at some point.

Please don't make the mistake of waiting until you're desperate! Let's face it: You won't like the alternatives one single bit.

New Government Safety Reports Released!

The National Safety Council (NSC) recently found that **99 percent of doctors prescribe highly addictive opioid pain medications for longer than the 3-day recommended guidelines from the Centers for Disease Control and Prevention (CDC).**

In response, the *Foundation for Chiropractic Progress* issued this statement:

"With 72 percent of doctors prescribing opioids for back pain and 67 percent prescribing these potentially addictive drugs for chronic joint pain, the [Foundation] points to the value of evidence-based, drug-free Chiropractic care as a safe and effective alternative for pain management often resulting from back, neck, musculoskeletal conditions and headaches.

Given the high prevalence of these musculoskeletal conditions—an estimated 12.6 million Americans (1 in 2 adults)...the care provided by doctors of Chiropractic becomes even more important."

According to the *World Health Organization*, "...

Chiropractic care is safe and effective for the prevention and management of a number of health problems...

Chiropractic practice emphasizes conservative management

of the neuromusculoskeletal system, *without* the use of medicines and surgery." ❖

It's easy to get started on the safer path to pain relief. Call Today!

Share the "Gift of Health" with your family, friends and co-workers. We Appreciate Your Referrals!