



Helping You Live Better

## Newsletter - May 2019

### Letter from the Doctor

Hello everyone!

I recently had an opportunity to work on the medical staff for the high school and collegiate National Taekwondo Championship Tournament and wanted to tell you about it!

I am currently working on a post doctorate certification as a Certified Chiropractic Sports Physician (CCSP) and found out about this opportunity through that. I applied for the position to be on the medical staff a few months back and was chosen out of a group of applicants, way cool huh??!!



It took place over Easter weekend, down in Austin, Texas. It was quite the experience! I used to train and fight in mixed martial arts (MMA), so I am quite familiar with combat sports. This amazing experience was different because I was able to work on a lot of the skills and refresh things that I have learned that you normally don't use in the office day to day.

The most prominent part I learned was about soft tissue mobilization techniques (ways to help joints move and stay moving after the adjustment by working on the soft tissue). I also learned a lot of athletic taping. I mean we went through roll after roll after roll of white tape for these people! Since it was the National Championship tournament, these people did not care what kind of injury they had, they were going to compete anyways, so that meant **just use a lot of tape!**

Overall, it was a great way to connect with many other like-minded Chiropractors and I even had the opportunity to hang out with the Chiropractor who takes care of the USA Olympic Taekwondo team. It was a great experience and I learned a lot of things that I was able to use right away in the office to further help serve you all. I look forward to participating in this event again next year!

Thanks for taking the time to read this and allowing us to **help you live better!**

Dr. Spencer



### Patient Testimonial

"Jessica is a wellness patient here at Excel along with her family. She has recently qualified for the



## Office News



### WELCOME SARA

Say hello to Sara, our new team member at the front desk, next time you are in the office!

### CLOSED

Memorial Day - Monday, May 27th



Please take a moment to acknowledge and appreciate our fallen soldiers who gave the ultimate sacrifice to ensure our freedom .

### Happy Birthday Dr. Spencer - 5/31



### Special Office Hours

5/8-5/28 Hollie and Caroline available for massage... Stacey will be out of town

5/11 Dr Brown closed

5/15-5/18 Dr Spencer going on vacation with his wife and kids

5/21 Dr Brown closed

5/25 Dr Brown closed

5/27 Memorial Day Holiday



## Nutrition Corner



Thank you Claire for all of your hard work and dedication to Excel Chiropractic and Wellness over the years. You will be greatly missed

Beginning May 10th all Nutrition Assessment visits can be scheduled through Claire directly at her new location.

We will continue to offer the Standard Process supplements. Orders can be placed by calling our office or you can set up direct shipping to your home by contacting our office for more information.

*Claire's new location:*

Emerald Grove Healing located in the Tri-Wellness Center  
W2888 Krueger Rd Ste A  
Lake Geneva, WI 53147  
262-903-0549

