



It's All About Health

This Month:

Safe and Effective Stretches for Low Back Pain



Lay on your back with your legs stretched out. Pull one knee up toward your chest. Hold for 10 seconds.



Alternate legs. Stretching each side at least five times.

Team Topic



Dr. Gilbert

Welcome to our monthly newsletter! Every month we will bring you information from our clinic. We will feature a "Team Topic" corner where you will meet our staff and read a blurb pertinent to their expertise. There will be useful articles and tips on how you can build a healthy lifestyle. We welcome your input so feel free to e-mail us anytime with comments or requests.

Back to School

Scoliosis Screening for Your Child(ren)

Scoliosis is not a disease, it is a term used to describe an abnormal side-to-side or lateral curve of the spine. About 80% of scoliosis cases develop during the adolescent stages. This stage is between 10-18 years of age, around the onset and during puberty.

If left untreated, this unhealthy curve can worsen and cause deformity, respiratory problems, cardiac problems, digestive problems and debilitating pain. Bring your child(ren) in for their FREE screening, the earlier scoliosis is caught, the better!



Power of Massage

Finally! Something Good for You, that Feels Good too!

Evidence is showing that the more massage you can allow yourself, the better you'll feel. Having a massage does more than just relax your body and mind, especially when it is utilized as a preventative, frequent therapy and not as a mere luxury.

We now have scientific proof the benefits of massage range from treating chronic diseases and injuries to alleviating the growing tensions of our modern day lifestyles. By allowing your body to relax, massage lowers your blood pressure, improves circulation, speeds up recovery from injury and increases concentration. Massage helps you sleep better, giving you more energy to handle stress in your life. Massage not only feels good, but it cures what ails you!

As always, **THANK YOU** for your referrals!