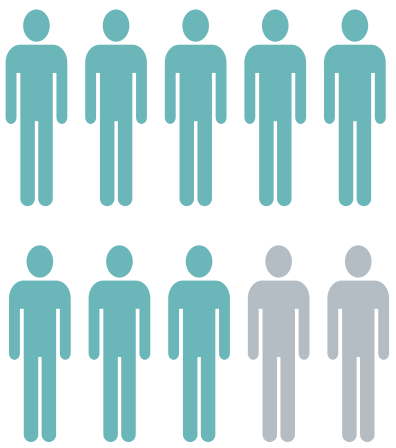


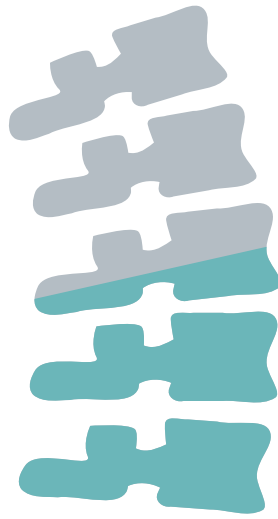
CHIROPRACTIC

CONSERVATIVE CARE FIRST

An approach to treating neck and back pain using manual manipulation and other non-invasive (non-surgical) methods



AS MANY AS
80%
OF THE POPULATION
WILL EXPERIENCE A BACK
PROBLEM IN THEIR LIFETIME



1/2

OF ALL WORKING
AMERICANS
ADMIT TO HAVING SOME BACK
PAIN SYMPTOMS EACH YEAR

2ND MOST COMMON REASON
FOR DOCTOR VISITS

ONE OF THE MOST COMMON REASONS
FOR MISSED WORK

IF THE SPINE AND HEAD ARE NOT ALIGNED CORRECTLY, A PATIENT CAN BE PREDISPOSED TO INJURY
CONSERVATIVE CARE CAN MAINTAIN PROPER ALIGNMENT
CHIROPRACTIC CARE REDUCES PAIN, DECREASES MEDICATION, AND REQUIRES FEW PASSIVE TREATMENTS LIKE BED REST



MAINTAIN A HEALTHY
DIET & WEIGHT
MAINTAIN GOOD
POSTURE

QUIT SMOKING,
IMPROVING BLOOD
FLOW TO SPINE

WARM UP OR
STRETCH BEFORE
PHYSICAL ACTIVITIES

REMAIN ACTIVE, EXERCISE
IMPROVES SPINE STABILITY

SLEEP ON A
MEDIUM-FIRM MATTRESS

WEAR COMFORTABLE SHOES

LIFT WITH YOUR KNEES
BY SQUATTING CLOSE
TO THE OBJECT

LOWER BACK PATIENTS SEEKING CARE
SPEND 20% LESS
WHEN CARE IS INITIATED BY A CHIRO

FOR PREVENTING BACK PAIN

TIPS

FOR PREVENTING NECK PAIN

WEAR A SEATBELT TO
PREVENT WHIPLASH
**REDUCE STRESS
& TENSION**

USE PROPER
SPORTS EQUIPMENT

PERFORM STRETCHING
EXERCISES BEFORE AND
AFTER PHYSICAL EXERTION

IF YOU FREQUENTLY
USE THE TELEPHONE,
USE A HEADSET

USE A PILLOW
THAT KEEPS YOUR
NECK STRAIGHT
IMPROVE POSTURE



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