

October 1, 2006

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## Back At New

Chiropractic and Wellness Center

Dr. Mandy R. Rhodes

Chiropractor

### Health and Fitness Newsletter

“Alternative approaches to a healthier you”

#### Chiropractic? What's that?

Most people don't realize the magnitude of treatments and therapies that a Chiropractor can perform.

Chiropractors are health care professionals with the job of assessing, diagnosing, treating, correcting and preventing neurological, skeletal and/or muscular dysfunctions. They evaluate the patient through inspection, palpation, range of motion, neuromusculoskeletal testing and other diagnostic exams, such as diagnostic imaging, laboratory testing, etc. They work to balance the entire body through adjustments of the spine and other joints, muscle therapies, fitness and nutrition. The goal is to gain normal joint motion and to decrease nerve interference so that the body can function at its optimum. Chiropractic approaches health by emphasizing an overall healthy individual based on the findings from a thorough history and evaluation.

#### Chiropractic Philosophy:

Chiropractic has a philosophy that preventative and maintenance care is the best route for a healthy and functional body, strengthening it to suit the outside environment. They use non-surgical and non-pharmaceutical methods to correct neurological, muscular and skeletal dysfunction for optimal functioning.

#### So what can Chiropractors treat?

Chiropractors can treat more conditions than one would expect. They have training in, not only adjusting the spine, but any joint in the body. They are also trained in many muscle techniques to stretch and/or lengthen affected muscles. There are multiple joint therapies that Chiropractors are trained to use in addition to adjusting, such as mobilization and range of motion exercises. Many Chiropractors even work with conditioning, rehabilitation after surgery/injury and even nutritional counseling. The following are just a few conditions that can have benefits from Chiropractic therapies:

- Low back pain
- Neck and upper back pain
- Headache/migraine
- Ankle sprain
- Rotator cuff injury
- Frozen shoulder
- Muscle tension

**For more Information:**

If you are interested in learning more about this topic, have any questions about your condition, or want to find out how Dr. Rhodes can help you to reach your health and fitness goals, please call 562) 366-4354 or stop by anytime. You can also check out her page at [www.backatnew.com](http://www.backatnew.com). *Print and bring in the coupon below for a discount in October.*

***Back At New Chiropractic and Wellness Center***  
***Gift Certificate***

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This certificate entitles: **You or a Friend**

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To **\$25.00 off initial service**

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4105 N. Viking Way  
Long Beach, CA 90808  
562) 366-4354  
*(located inside The Fit Stop)*

Authorized by **Dr. Mandy R. Rhodes**

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Expires **October 31, 2006**

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Not redeemable for cash. Cannot be used with insurance.

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