



Family Chiropractic Center
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CAN CHIROPRACTIC HELP ME?

- Do you have Headaches?
 - A stiff neck?
 - Low back pain?
 - Hip pain?
 - Shoulder or elbow pain?

- Do your feet hurt when you first get up in the morning?

- Do your knees bother you or do you have trouble getting up from a kneeling position?

- Is walking not as easy or as much fun as it used to be?

- Have you hurt yourself recently shoveling snow, doing yard work or playing sports?

- Have you had an automobile accident within the last 3 years?

- Do you take pain medication (Tylenol, Advil or Motrin) to get through the day?

- Do you have numbness or tingling in your hands or fingers?

- Has your doctor told you that "you have to live with the pain"?

If you answered "yes" to any of these questions, then chiropractic care may be able to give you relief. Chiropractic care is a gentle, hands-on method of increasing ease of movement and reducing pain by removing the distortions that result from joint restriction. This is accomplished by identifying and treating the *cause* of the problem (joint restriction or muscle spasm, for example), not just treating the result we see or feel (pain).

At Family Chiropractic Center, we take the time to listen to what you and your body have to say. We begin your treatment with a thorough review of your medical history and a physical examination. We explain our findings in clear, easy to understand terms and we encourage questions and active participation by the patient.

If you decide that chiropractic care is appropriate, treatment will be tailored to *your* condition. This may include chiropractic manipulation, acupuncture, trigger point or other muscle relaxing therapies, exercises, as well as recommendations about diet, relaxation and health maintenance. Acupuncture and massage therapy are also available.

Family Chiropractic Center is now accepting new patients at our office on the Silas Deane Highway. Call now for a consultation and examination at no cost to you. Find out today how to feel better and take control of your health. Same day appointments are available.

Cordially,

Carol S. Weeks, DC

PS: Did you know that stress decreases the function of our immune systems making us more susceptible to colds and flu. Call today and discover how chiropractic care can help you feel better!