

Happy Spring!! We have had an exciting spring with seminars last month in Dallas and one coming up in St Louis. Please enjoy our May Newsletter on sports injuries. Let us know if we can help in any way to keep you active this spring and injuries low with kt tape, sports supports, foot orthotics, rehab, and pain relief. We can also help with nutritional plans for performance, meeting exercise goals, weight loss, purification plans, immune system boosts and of course Chiropractic and Acupuncture for better function and performance. Pop in and mention a free consultation for any of the above for the month of May to get you ready for spring. **We will be closed Monday, May 29th for Memorial Day!** Also, we will be continuing our Facebook Raffle through next week. We will pick the winner May 11th, so like and share our page Facebook page to be entered! **Prize is your choice of 5 free Chiropractic or Acupuncture visits!** See link below.

Blessings,

Dr Erik, Michele, and Amy

Article of the month

Whether you are a weekend athlete or a professional, there are a few things that all athletes have in common. They want to have the best possible performance in their chosen sport, and injuries happen. While they can be minimized, it's hard to avoid them all together. The way in which one treats his injuries determines how fast one recovers and how quickly one can get back to the activity he enjoys. In the case of household duties such as spring cleaning, do any of us warm up before carrying those boxes into the crawl space of our ceilings? This may not seem like a sports injury, but in fact, overuse syndromes or playing full speed before we are really warmed up are the major causes of sports injuries. Simple household chores, while done cold, can mimic a sports injury to an extent.

If an athlete gets hurt, what can be done to get him back on the field? Rest is usually a good thing, but by itself, can take a very long time.

Chiropractic offers a balanced approach to the treatment and the healing of sports injuries. By using the chiropractic adjustment to return spinal segments to their normal mobility, chiropractic physicians help the injured areas return to normal function. Combined with some rest and other therapies to help the healing process, athletes will find their way back on the field. Afterward, better strategies for exercise and stretching will be discussed with the athlete to help him stay on the straight and narrow path to better enjoyment of his chosen sport.

Feel Better? Refer others!

Thank you for the referrals last month- K. Powers, B. Olszewski, L. Corbitt, J. Smith, K. Matthews, J. Pera, D. Schroeder, T. Bliss, D. Bliss, Advanced Spine, and Seven Hills