



SPINAL RAP



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HAPPY VALENTINE'S DAY!

Everyone loves February, and certainly not for the dull weather. This month has everyone feeling the love for one annual reason: Valentine's Day. Since we know you'll be spending some quality time with the ones you love this month, we suggest you also save some of that affection for yourself, and more importantly, your back. We'd love for to you enjoy this month's newsletter, as it focuses on the importance of a healthy back and what you can do to keep yours in top shape. Happy Valentine's Day from all of us at [Walk-In Chiropractic Clinics!](#) ☺

Sincerely,
Walk-In Chiropractic Clinics

Follow us!



NEW CLINIC HOURS

New evening/weekend hours have been added!
Updated hours include:

- Evenings**
Tuesdays/Thursdays - **West Clinic** 5-8pm
Wednesdays - **East Clinic** 5-6pm
- Weekends: Saturdays**
East Clinic - 11:30am-1:30pm
West Clinic - 9-11am

KEEPING YOUR BACK ON TRACK

How do you know if your back pain is serious business? Most rehabilitation for back injuries or pain can be practiced in your daily life and will reduce the symptoms in about a week. However, if the problem persists, you may have to 'back up' and seek some help.

[Check out this article](#) to brush up on the physical signs to look for that suggest professional help is needed, and five smart tips you can follow to regain back health after an injury or sprain.

COMMON BACK PAIN MYTHS & FACTS

Back pain is one of the most common health complaints today, with 80 percent of people experiencing problems at some point in their lives. Rather than relying on common knowledge, if you sense a problem, it is best to consult a health professional. Some common myths include:

- Heat is the best way to reduce the pain
- Pain is the first sign of a problem
- Strenuous activity is the number one cause of incessant back pain

While each of these points hold some truth, there's much more information involved. [Click here](#) to learn the facts that disprove these myths and some healthy habits to keep your back in the best shape possible.

