



SPINAL RAP



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HAPPY ST. PATRICK'S DAY!

To all of our valued patients and clients, may the luck o' the Irish be with you this month! [Walk-In Chiropractic Clinics](#) is wishing you all health, happiness and good fortune this time of year.

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.

