



ISSUE #2  
OCTOBER 2011

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## HAPPY BELATED THANKSGIVING!

[Walk-In Chiropractic Clinics](#) would like to wish each and every one of its respected patients, clients and colleagues a very Happy belated Thanksgiving! We hope you enjoy this month's issue of Spinal Rap. We apologize for the slight delay but we hope your Thanksgiving festivities were full of family, fun and plenty of turkey!

Sincerely,  
*Walk-In Chiropractic Clinics*



### Chiropractor key to Crosby's recovery

During his recovery from a traumatic concussion, [Sidney Crosby](#), hockey's golden boy, found solace in alternative remedies, specifically in chiropractic medicine. After visiting countless doctors and undergoing a number of tests for balance, focus and spatial orientation, Crosby wasn't achieving any real results.

Rapid recovery began after his doctor received a recommendation to send Crosby to an esteemed chiropractor named [Ted Carrick](#). Dr. Carrick specializes in a 'vestibular concussion recovery' and is considered the father of [chiropractic neurology](#), a discipline that seeks to improve brain function with anything from eye exercises to music therapy, but without medication or surgery.

Crosby was back on the rink within a week of seeing Carrick and has since achieved significant results on his road to full recovery. Read more [here](#).

### Footmaxx Feature

Your feet play an integral role in all of your body's functions and movements. It is important to keep your feet at the forefront of your wellness routine to prevent from common foot pathologies that can develop if foot health is neglected.

Learn more about some of the pathologies and how to avoid them, [here](#).

### Achieving optimal core strength

Your 'core' is a group of hip, abdominal and back muscles that support your spine, pelvis and shoulders. It is important to keep these muscles toned and strong in order to have optimal movement of your fingers and toes (or extremities).

Good core strength also helps with balance and spatial coordination. To maintain optimal core power, regular exercise of these muscle areas is key. Harmonization of these muscles controls movement and the transfer of energy when shifting body weight. To balance your core and stand strong, try these [daily core exercise tips](#).



### FALL CLINIC HOURS

**WEST CLINIC**

1608 Tecumseh Rd. W.  
519-258-9962  
(Windsor Medical Centre-West)

Monday	8:00 AM - 5:00 PM
Tuesday	8:00 AM - 5:00 PM
Wednesday	8:00 AM - 5:00 PM
Thursday	8:00 AM - 5:00 PM
Friday	8:00 AM - 5:00 PM
Saturday	9:00 AM - 11:00 AM
Closed for lunch 1:00 PM - 2:00 PM	

**EAST CLINIC**

6720 Hawthorne Dr.  
519-974-2211  
(Windsor Medical Centre-East)

Monday	7:30 AM - 5:00 PM
Tuesday	7:30 AM - 5:00 PM
Wednesday	7:30 AM - 5:00 PM
Thursday	7:30 AM - 5:00 PM
Friday	7:30 AM - 4:30 PM
Saturday	9:00 AM - 11:00 AM
Closed for lunch 1:00 PM - 2:00 PM	

