

# Strengthen muscles and soft tissues.

When muscles, tendons, or ligaments of the spine are damaged through work injuries, automobile collisions, overexertion, repetitive motion, or simply weakened by inactivity, your overall health can be affected.

Without the proper tone in the muscles, tendons, and ligaments of your body, you would collapse like a rag doll.



Strengthening the muscles that support your spine can speed the healing process and help avoid a relapse.

## THE CHIROPRACTIC LIFESTYLE

Chiropractors are experts in the care of the bones, nerves, muscles and connective tissues that make up about 60% of your body. All of the joints in your body are part of this musculo-skeletal system and its optimal function is necessary for overall good health. Ask your Doctor of Chiropractic for more information about a care program that may include specific spinal adjustments, exercise recommendations, nutritional advice or other conservative methods of care based on your health history, age, current condition and lifestyle.

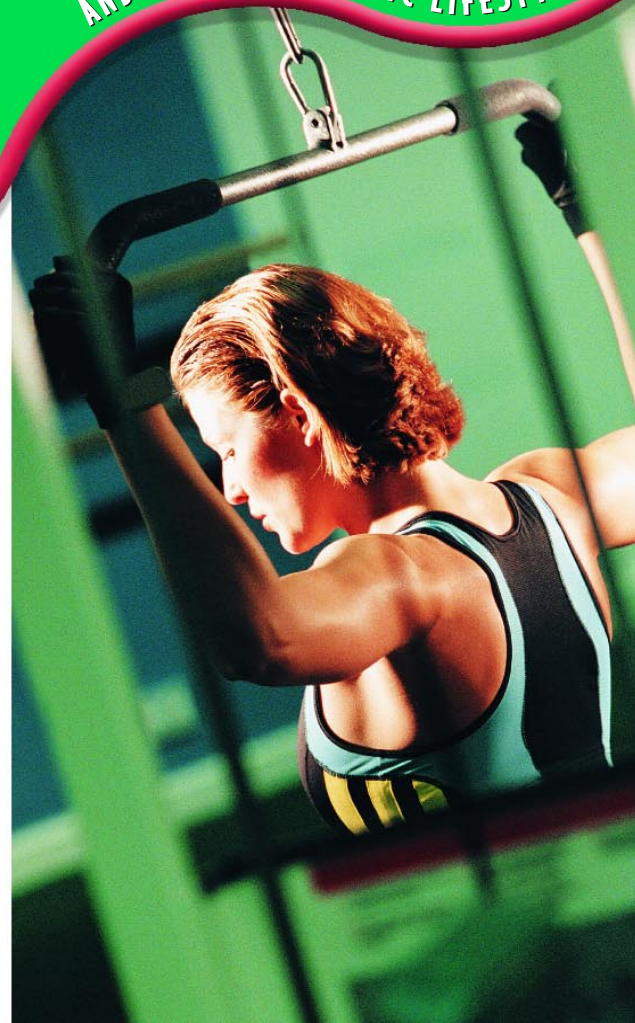
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# Rehab

AND THE CHIROPRACTIC LIFESTYLE



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SHARE WITH YOUR FRIENDS AND FAMILY

# Active care for a more complete recovery.

Without some form of active care or rehabilitation, recovery from an injury or a long-standing spinal problem can take longer to achieve. Overlooking the importance of improved range of motion and muscle strengthening can result in a relapse, with your original health problem returning again and again.

Many simple resistance exercises can be done at home to strengthen supportive muscles



Patients enjoy seeing and feeling their progress!

Today's high-tech equipment can isolate, measure, and strengthen your spine.

An important step towards complete rehabilitation is restoring proper spinal function through chiropractic adjustments.



Chiropractic rehabilitation involves the restoration of proper joint function of the spine or extremities, and the strengthening of supporting muscles and soft tissues. This will usually involve specific spinal adjustments, combined with a program of stretching, resistance training, and exercises to improve muscle tone.

Some patients receive a set of simple exercises or "maneuvers" they can do at home. Other types of injuries will require the use of specialized equipment to isolate and strengthen specific areas of the spine.

Ask your chiropractic doctor for ways you can speed the healing process and strengthen the supporting soft tissues of your spine through appropriate rehabilitation.

