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# RIVER SHORES CHIROPRACTIC NEWSLETTER

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## **Refer Your Family and Friends and Have a Chance to Win a \$50 Gas Card!**

Chiropractic is an amazing healthcare tool that most people are unaware of. If you have had positive results with Chiropractic please share your story with your friends and family and encourage them to experience the benefits of Chiropractic care.

**The best compliment you can give us is the referral of your family and friends!**

**APRIL 1- MAY 31**

**REFER A NEW PATIENT TO RIVER SHORES CHIROPRACTIC AND HAVE THEM MENTION YOUR NAME AT THEIR INITIAL APPOINTMENT AND BE ENTERED TO WIN ONE OF (2) \$50 GAS CARDS! The new patient's appointment must take place between April 1<sup>st</sup> - May 31<sup>st</sup>.**

### **Do you know of a group that may be interested in learning more about Chiropractic?**

**Dr. Wick is available for presentations on Chiropractic, ergonomics, and many other health care topics. She also performs complimentary scoliosis or postural screenings.**

**If you are interested in scheduling a lecture or screening please contact Dr. Wick at (262) 334-4070.**

### **TESTIMONIALS**

Dr. Wick would like to add some testimonials from current patients to her website.

Medical privacy laws prohibit the use of testimonials without a written consent form signed by the patient.

If you have had a positive experience in our office and would like to be featured on our website please consider submitting a testimonial!

Feel free to email your testimonial to [info@rivershoreschiropractic.com](mailto:info@rivershoreschiropractic.com) or bring it with you to your next appointment.

Remember how intimidating it can be to come to a Chiropractor for the first time? Your testimonials will help future patients feel at ease!

### **CUSTOM ORTHOTICS**

We are excited to tell you about the latest technology we have to offer, Foot Levelers' Associate™ Platinum digital foot scanner. The scanner allows Dr. Wick to check your feet for problems that could transfer to other areas of your body. You should have your feet regularly scanned for imbalances that could be causing the pain in your knees, hips, neck, or back.

**BUY ONE PAIR OF ORTHOTICS, GET ONE HALF OFF THROUGH 4/30/09**

**(Both pairs must be ordered at the same time)**



**Remember even after you are feeling great it is important to maintain the health of your spine by getting adjusted regularly!**



### **Pediatric Chiropractic**

Most people are unaware that Chiropractic is safe and extremely effective for many childhood complaints. Personally I have always been extremely interested in treating children, and have found in my experience that they respond very quickly to their adjustments. Individuals frequently question why a child would need to see a Chiropractor if they aren't in pain. When this question comes from a current patient I immediately know I have not done my job as an educator. Hopefully all of my patients have learned that while Chiropractic can be helpful in correcting a problem, it is also extremely important to maintain our spinal health even when we are feeling great!

The same is true for children. I regularly see young patients who have common ailments like colic, bedwetting, ear infections, general aches and pains, asthma, and allergies. However, even if a child appears perfectly healthy, there still may be underlying spinal issues that need to be addressed. Regular chiropractic adjustments of children help ensure that their body can function at its highest potential. Adjustments also boost the immune system which helps children fight off all the things that are being passed from child to child at daycare or school.

Pediatric Chiropractic visits are quite common. According to a study done by Lee and associates in 1997 there were over 30 million pediatric chiropractic visits annually. In 2005 an NBCE study revealed that children under the age of 17 comprise close to 20% of the chiropractic patient population. If you or anyone you know has questions about the benefits of pediatric chiropractic, I would be happy to discuss them at any time. Every child in your life should experience the power of chiropractic- they deserve it!

**~Krysti K. Wick, D.C.**

### **Am I Too Old for Chiropractic Care?**

This is a question that I am asked to answer on a daily basis. Many senior citizens are concerned that chiropractic adjustments may damage their spine due to osteoporosis or other general effects of aging.

Chiropractic care can be safely tailored to any body type and any age group by using various techniques. A thorough examination and x-rays of your spine will help your Chiropractic physician determine which technique is best for you. Regardless of your age, chiropractic care can help improve your mobility by restoring proper spinal function.

Chiropractic is especially important as you age to assist with arthritic symptoms and other chronic musculoskeletal problems that are associated with the aging process. As more people are becoming aware of the many side effects of over the counter and prescription medications, they are seeking alternate approaches to maintain their health. Chiropractic care is a safe and natural way to deal with many common ailments without the use of harmful drugs. To maintain optimum flexibility and wellness as you enjoy your senior years, consider creating a strong and diverse healthcare team by combining chiropractic care with the care you receive from your primary physician. Simply ask your Chiropractor to send a letter to your physician detailing your diagnosis and treatment plan in order to create the most beneficial and customized care for your overall wellness.

**~Krysti K. Wick, D.C.**

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