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# RIVER SHORES CHIROPRACTIC NEWSLETTER

Volume 2, Issue 2

Fall 2009

## [Refer Your Family and Friends and Be Entered to Win a \\$50 Grocery 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!**

**OCTOBER 1- OCTOBER 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 GROCERY CARDS! The new patient's appointment must take place in the month of October.**

### Welcome Bekky

River Shores Chiropractic is proud to announce the addition of Bekky Warczak, our new Receptionist!

Bekky joined our team part-time in mid-August. You will be happy to see her smiling face greeting you at your next appointment!

**River Shores Chiropractic has been nominated for Business of the Year through the West Bend Area Chamber of Commerce!**

**The winner will be announced at their annual meeting on October 7<sup>th</sup>. We greatly appreciate the nomination!**

**Thank you to all of our patients who continue to support River Shores Chiropractic.**

**We are happy to be approaching our second anniversary in December of 2009 and look forward to many more years of assisting you with your wellness goals!**



### How To Maintain Your Progress

It is important to remember that your spine and other joints need proper care in order to maintain the progress you have made with your Chiropractic treatment.

### WHEN WAS YOUR LAST ADJUSTMENT?

**If it has been more than one month or you have not been following the treatment plan that Dr. Wick recommended please call our office to schedule your next appointment.**

**If it has been more than 6 months since your last adjustment Dr. Wick would be happy to provide a complimentary re-examination to determine if your condition has changed.**

**Schedule your appointment today! 262-334-4070**

## CHIROPRACTIC FACTS

### **Chiropractic is Safe.**

Records from insurance and court cases have constantly shown that chiropractic is the safest portal of entry health care available to the public today. Although no healthcare procedures are 100% safe, chiropractic stands on its record of safety and effectiveness unmatched in healthcare.

### **Doctors of Chiropractic receive extensive, demanding professional education on par with medical doctors and osteopaths (DOs).**

To receive the doctor of chiropractic degree, candidates must complete extensive undergraduate prerequisites and four years of graduate-level instruction and internship at an accredited chiropractic institution. Comprehensive knowledge of all systems of the body and diagnostic procedures enable the DC to thoroughly evaluate a patient, address disorders relating to the spine and determine the need for referral to another health care provider.

### **Doctors of chiropractic provide effective, low-cost health care for a wide range of conditions.**

Studies conducted according to the highest scientific standards and published by organizations not affiliated in any way with chiropractic institutions or associations continue to show the clinical appropriateness and effectiveness of chiropractic care. One of the most recent, funded by the Ontario Ministry of Health, stated that:

"On the evidence, particularly the most scientifically valid clinical studies, spinal manipulation applied by chiropractors is shown to be more effective than alternative treatments for low back pain...There would be highly significant cost savings if more management of low back pain was transferred from physicians to chiropractors."

### **The doctor of chiropractic is an effective source of preventative and wellness care.**

"The anatomical focus of the DC on the human spine has created the perception of the DC as just a "back doctor." Although this perception is not entirely incorrect, it is very much incomplete. Doctors of chiropractic are a highly appropriate resource in matters of work-place safety, stress management, injury prevention, postural correction and nutritional counseling."

### **The process of chiropractic adjustment is a safe, efficient procedure which is performed nearly one million times every working day in the United States.**

Chiropractic care is non-invasive; therefore, the body's response to chiropractic care is far more predictable than its reactions to drug treatments or surgical procedures. Of the nearly one million adjustments given every day in this country, complications are exceedingly rare. Perhaps the best summary statement on the subject of safety was published in 1979 by the Government of New Zealand which established a special commission to study chiropractic. They found: "The conspicuous lack of evidence that chiropractors cause harm or allow harm to occur through neglect of medical referral can be taken to mean only one thing: that chiropractors have on the whole an impressive safety record."

*(Information from International Chiropractors Association)*

## MASSAGE THERAPY at RIVER SHORES CHIROPRACTIC

**Felicita Nieves, LMT** is both nationally and state certified in massage therapy. She is a graduate of Blue Sky Professional School of Therapeutic Massage with a primary focus on Neuromuscular Therapy of the spine and thorax, lower and upper extremities, and head, neck, and shoulders. She also has been trained in Relaxation or Swedish massage, Prenatal, Reflexology, Cranial Sacral, and Lymphatic massage. A consultation on your first service going over your goals and expectations for the treatment (whether it be stress relief or muscle issues) will further enhance your experience.

Felicita is available for appointments on Monday, Wednesday, Thursday and every other Saturday. You can schedule your appointment by calling Felicita directly at 262-305-5927.

**Karen M. Hammen, LMT** is a licensed massage therapist who graduated from Blue Sky Professional School of Therapeutic Massage and Bodywork in 1992. She specializes in customized massage therapy using various techniques; Swedish-stress reduction/relaxation, neuro-muscular therapy (NMT), deep tissue, sports massage, and pre-natal.

Karen is available for appointments on Tuesdays. You can schedule your appointment by calling Karen directly at 262-247-0057.

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