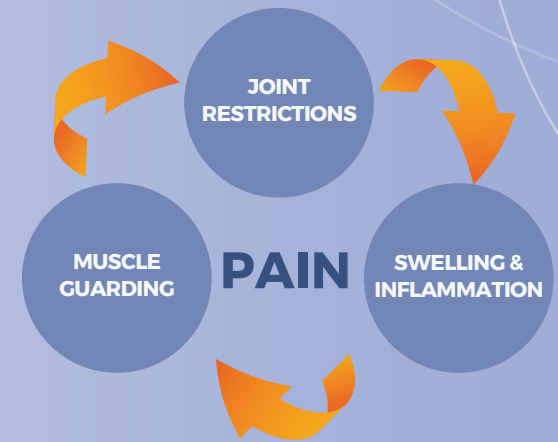


The Natural Solution for Pain and Stiffness: **CHIROPRACTIC MANIPULATION**



PROBLEM: Joints throughout your body, including your spine, can become “stuck” due to muscle imbalance, poor posture, or injury. These restrictions lead to a self-perpetuating cycle of pain and stiffness. If left unchecked, restricted joints can develop arthritis more quickly. (1,2)

SOLUTION: Chiropractors apply a gentle force with their hands, or hand-held instruments, to restore motion to restricted joints. Sometimes a specialized table is used to assist the treatment. Joint manipulation improves flexibility, relieves pain, and helps maintain healthy joints.



COUNTLESS RESEARCH STUDIES HAVE CONFIRMED THE SAFETY AND EFFECTIVENESS OF JOINT MANIPULATION.

MANIPULATION IS EFFECTIVE

"manipulation provides greater short-term reductions in self-reported disability and pain compared with usual medical care" (3)

MANIPULATION IS SAFE

"risk of injury was 76% lower among subjects with a chiropractic office visit as compared to those who saw a primary care physician." (4)



Not surprisingly, various medical authorities have endorsed spinal manipulation, including the American College of Physicians (5) and the Journal of The American Medical Association (6). The FDA (7) and CDC (8) have specifically recommended conservative chiropractic care as a strategy to help resolve the prescription drug crisis.

If you or someone you know is experiencing joint pain or stiffness, consider the safe and effective ***natural solution*** first.

References

