

YOU DON'T HAVE TO SUFFER FROM **LOW BACK PAIN!**

**SPECIAL ISSUE:**

OVERCOMING  
YOUR LOW BACK PAIN  
FOR GOOD!

*Breaking* free  
from **LBP**  
**LOW BACK PAIN**



STAYING IN THE GAME  
WITH CHIROPRACTIC CARE

**Jerry Rice**



**compliments of:**

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**Dr. Darrell Swolensky**

*Taking the*  
**back pain**  
out of  
*Pregnancy*



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CHIROPRACTIC CLINICS OF NEVADA



# Breaking free from **LBP** **LOW BACK PAIN**



**W**alking upright on two feet has advantages, but it also puts intense pressure on the spine, as well as on other muscles and bones. Add to this improper sitting, lifting, or reaching—and the normal wear and tear of working and playing—and you have the perfect recipe for back pain. That's why back pain is the 2nd most common reason for visits to the doctor's office, outnumbered only by upper-respiratory infections. In fact, some experts say, as many as 80% of us will experience a back problem at some time in our lives.

Back injuries are a part of everyday life. They can cause a sharp pain or a dull ache and can be accompanied by a tingling, numbness, or burning sensation. You may also feel weakness, pain, or tingling in your pelvis and upper leg—a condition known as sciatica. The spine is quite good at dealing with back injuries. Minor injuries usually heal within a day or two. Some pain, however, continues.

## Chiropractic Care for Back Pain

Among people seeking back pain relief alternatives, most choose chiropractic treatment. About 22 million Americans visit chiropractors annually. Of these, 7.7 million, or 35%, are seeking relief from back pain from various causes, including accidents, sports injuries, and muscle strains. Other complaints include pain in the neck, arms, and legs, and headaches.

The direct and indirect cost to society of lower back pain has been estimated to be approximately \$50 billion dollars annually. In fact, lower back pain is the most common cause of disability in people under age 45, and of the \$27 billion spent on all musculoskeletal trauma, \$16 billion is spent in the management of low back pain, with more than half of that \$16 billion being spent on surgical treatment.

Healthcare practitioners have long debated over which type of treatment is the most effective for chronic lower back pain (CLBP). A recent landmark study, published in the prestigious medical journal *Spine*, has put another nail in the coffin of this debate. For years the medical profession has demanded more evidence in the form of randomized controlled clinical trials demonstrating the effectiveness of chiropractic care for CLBP. Well, the evidence is in and what chiropractic patients and chiropractic physicians alike have known for decades has been demonstrated!





## Research Show Chiropractic Care Far Superior To Drugs

### *Randomized, Controlled Clinical Trial*

In the study published by Spine, 115 patients experiencing lower back pain for at least 13 weeks duration were randomly assigned to receive one of three interventions: medication, needle acupuncture or chiropractic manipulation.

Patients randomized to the acupuncture or spinal manipulation group were given an initial physical examination by the treating clinician to determine which form of acupuncture needle placement and needling would take place, or what type of spinal manipulation would be performed, respectively. Patients randomized to the medication group were given Celebrex, unless the patient had used it previously. The next drug of choice was Vioxx, followed by paracetamol (up to 4g/day). Doses were left to the physician's discretion. Chiropractors administered "high-velocity, low-amplitude" manipulations. Chiropractic patients were given two treatments per week.

**The patients were assessed four times:** at the initial visit, and two, five and nine weeks after the initial treatment.

AT THE END OF THE STUDY, THE GROUP RECEIVING MANIPULATION EXPERIENCED A 300% INCREASE IN THE NUMBER OF PATIENTS FULLY RECOVERED VERSUS THE ACUPUNCTURE GROUP AND A 450% INCREASE OVER THE MEDICATION GROUP.

Patient assessments regarding chronic lower back pain for the three groups also indicated superiority for chiropractic manipulation. This superiority is demonstrated in the percentage of improvement that patients in each of the three groups experienced as measured by the administered assessment tools.

ONE OF THE STUDY'S MOST REMARKABLE FINDINGS WAS THAT PATIENTS IN THE CHIROPRACTIC MANIPULATION GROUP REPORTED A 47 PERCENT IMPROVEMENT, COMPARED TO ONLY 15 PERCENT FOR THE ACUPUNCTURE GROUP AND 18 PERCENT FOR THE MEDICATION GROUP.

"Considering that the patients in this study had experienced chronic spinal pain syndrome for an average of 4.5 years in the medication group, 6.4 years in the acupuncture group, and 8.3 years in the spinal manipulation group, it is notable that manipulation... achieved asymptomatic status for every fourth patient (27%). This result is superior to the percentages for acupuncture (9.4%) and medication (5%) for short-term outcomes... Medication apparently did not achieve a marked improvement in chronic spinal pain and caused adverse reactions in 6.1% of the patients."

"The results of this study can be generalized because the study sample had a broad socioeconomic background and a wide age range."

"In summary, the significance of the study is that for chronic spinal pain syndromes, it appears that spinal manipulation provided the best overall short-term results, despite the fact that the spinal manipulation group had experienced the longest pretreatment duration of pain."

If you or someone you know is suffering with chronic lower back pain, ask a friend or family member for the name of their doctor of chiropractic and see if this proven method of treatment for CLBP is right for you.

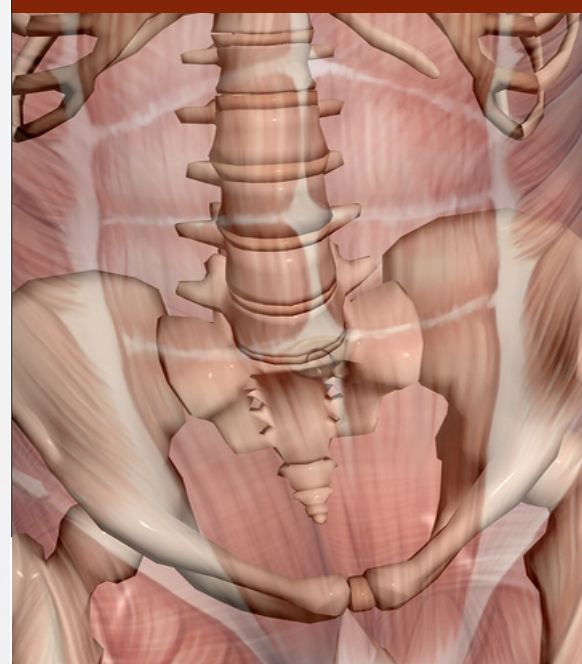
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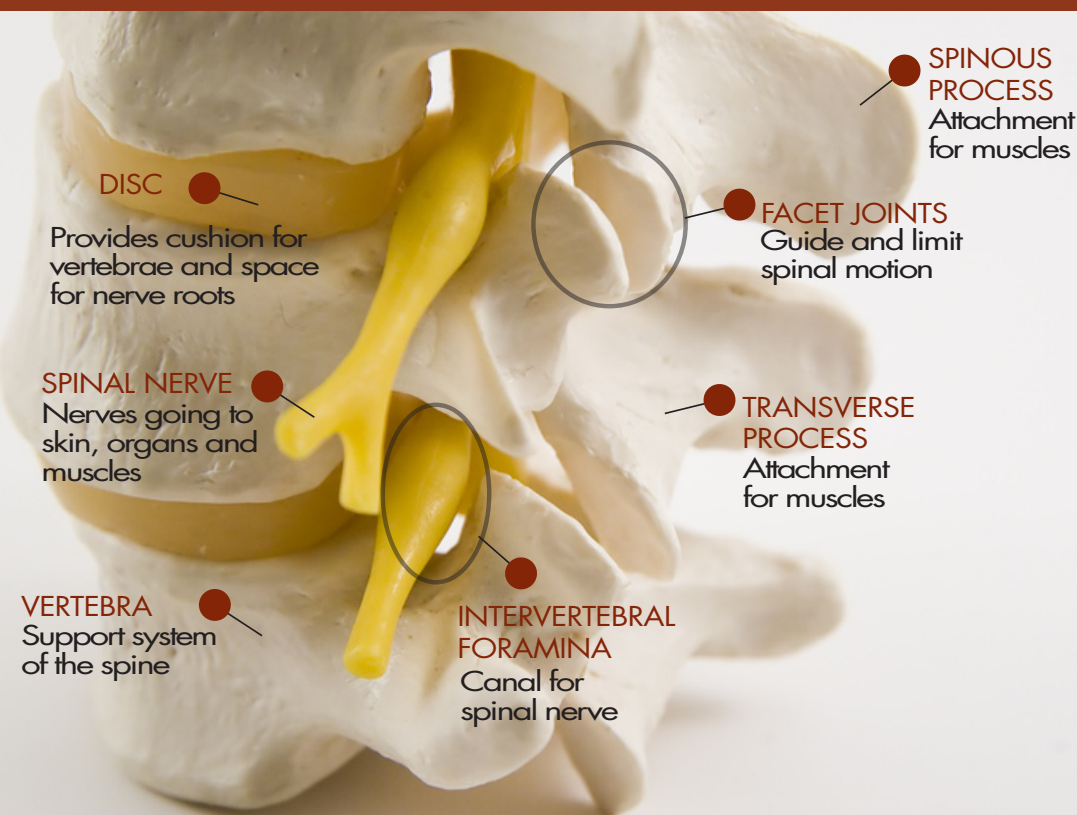
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## Low Back Pain is the #1 Cause of Disability in the United States.

### LBP LOW BACK PAIN demographics

- **80%** 80% of the population will experience low back pain at some time in their lives
- **50%** 50% of all working Americans report having low back pain each year
- **31** 31 million Americans experience low back pain at any given time
- **24%** 24% of children report having low back pain
- **140** 140 Million Work Days Are Missed Each Year Due To Low Back Pain
- **#1** Low Back Pain Is The #1 Cause Of Disability In The United States





#### 10 TIPS FOR BACK PAIN PREVENTION:

- 1 Maintain a healthy diet and weight.
- 2 Remain active—under the supervision of your doctor of chiropractic.
- 3 Avoid prolonged inactivity or bed rest.
- 4 Warm up or stretch before exercising or other physical activities, such as gardening.
- 5 Maintain proper posture.
- 6 Wear comfortable, low-heeled shoes.
- 7 Sleep on a mattress of medium firmness to minimize any curve in your spine.
- 8 Lift with your knees, keep the object close to your body, and do not twist when lifting.
- 9 Quit smoking. Smoking impairs blood flow, resulting in oxygen and nutrient deprivation to spinal tissues.
- 10 Work with your doctor of chiropractic to ensure that your workstation is ergonomically correct.

*ACA Guidelines*

## What causes LBP?

The back is a complicated structure of bones, joints, ligaments and muscles. You can sprain ligaments, strain muscles, rupture disks, and irritate joints, all of which can lead to back pain. While sports injuries or accidents can cause back pain, sometimes the simplest of movements—for example, picking up a pencil from the floor—can have painful results. In addition, arthritis, poor posture, obesity, and psychological stress can cause or complicate back pain. Back pain can also directly result from disease of the internal organs, such as kidney stones, kidney infections, blood clots, or bone loss.

**Manipulation as a Treatment for Back Problems**  
Used primarily by Doctors of Chiropractic (DCs) for the last century, manipulation has been largely ignored by most others in the health care community until recently. Now, with today's growing emphasis on treatment and cost effectiveness, manipulation is receiving more widespread attention.

Chiropractic spinal manipulation is a safe and effective spine pain treatment. It reduces pain, decreases medication, rapidly advances physical therapy, and requires very few passive forms of treatment, such as bed rest.

In fact, after an extensive study of all currently available care for low back problems, the Agency

for Health Care Policy and Research—a federal government research organization—recommended that low back pain sufferers choose the most conservative care first. And it recommended spinal manipulation as the only safe and effective, drugless form of initial professional treatment for acute low back problems in adults.

The American Chiropractic Association (ACA) urges you to make an informed choice about your back care. To learn more about how chiropractic manipulation may help you, contact a Doctor of Chiropractic in your area. Search our online database of ACA members to find a doctor of chiropractic near you.

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*Chiropractic care has been proven to be safe and effective treatment for helping you to overcome your back pain.*



# Taking the back pain out of Pregnancy



An expectant mother is ecstatic about being able to carry her unborn child for nine months. To feel that nurturing, loving, feeling brings an unparalleled amount of happiness to a woman. And then, the other shoe drops and some of the side effects of pregnancy set in, back pain being one of the most uncomfortable and most common.

There is a wide variance of reporting when it comes to back pain in pregnancy, however somewhere between 50-70% of expectant mothers suffer from back pain at some point while they are pregnant. Some women report back pain from the onset of the pregnancy, while others report it only in the third trimester. Back pain may be caused by many factors: hormones are being released during pregnancy allowing ligaments to soften in the pelvic area, the center of gravity shifts forward, weight gain from being pregnant, bad posture due to an ever-changing body, and, of course, stress.

Women who experience back pain before they become pregnant are more likely to experience back pain when they are expecting. Mother and doctor must decide what back pain is 'normal' and what pain is cause for concern. A dull, constant aching could possibly be a sign of preterm labor. Severe back pain is always a cause for concern and should result in seeing a health care provider. An expecting mother may no longer be feeling euphoria at this point, but we have good news: Even though back pain might be unavoidable, there are ways to treat (and hopefully get rid of) it!

## 50-70% OF EXPECTANT MOMS EXPERIENCE BACK PAIN.

### REMEMBER THE PEAK ENERGY CHALLENGE?

If you have read ProAdjuster Lifestyle Magazine before you are aware of the 7 Step Peak Energy Challenge. It's interesting to see that many of these same challenges are also rules of advice for expectant mothers: healthy portioned eating, staying hydrated, vitamin supplements (prenatal vitamins are a must), sleep and relaxation, stress reduction, etc. Staying healthy is the first step to a healthy pregnancy and for less back pain.

Research studies show that about 85% of women seeking chiropractic care during their pregnancy reported relief of back pain. Chiropractic care is a great solution for back pain due to most expecting mothers wanting to avoid pharmaceuticals when possible. Let's consider this: if a mother to be is able to avoid taking Tylenol, wouldn't that be a positive situation for mom and baby?

An expectant mother must let her chiropractic doctor know about her pregnancy, because there will likely be some revisions in the treatment methods. It has been reported in studies that there is a significantly less likelihood of experiencing back pain during labor if the mother is a chiropractic care recipient. At this point, most mothers are probably thinking, "Less pain? Sign me up!" Of course, those of us who are knowledgeable regarding the many benefits of chiropractic care already know that a properly aligned spine is essential; however, others may not realize that chiropractic is a safe option for pain relief and overall well being for pregnant women. The referrals are on the rise from the medical community. There are also a few other natural options for relieving back pain (all of which can be done in conjunction with chiropractic care).

### EXERCISE!!!

Many expecting mothers are told by friends and family that exercising is absolutely not an option. This is not always the case! Exercise is almost always recommended for pregnant women, and by talking to the primary health care provider and the obstetrics team, the limitations can be laid out relatively easily. There will be heart rate limitations as well as positional and time restrictions, and as always, remembering to hydrate is going to remain at the top of the recommendations list. The stretching in yoga, swimming, or a casual/brisk walk has been known to relieve back pain almost instantly. With a doctor, an expecting mother should be able to work out a health plan that works well for her and the baby.

### TAKE A LOOK AT THE FOOTWEAR AND ACCESSORIES

Shoes are many a girls' best friend. Are you familiar with the saying 'Beauty is pain'? This isn't exactly an option (or a preference) during pregnancy, so an expectant mother has to take off the high heels. Any shoes that do not provide adequate support should not be worn. Because

the back is already so strained with the extra weight it is supporting, to add uneven pressure is almost demanding back pain to occur. A woman should be doing everything she can to promote good posture and support. Another option for extra support would be wearing maternity pants with supportive waistbands or a maternity support belt. Supporting the belly can help relieve back pain. Another common cause of back pain with pregnancy is that the already off-kilter center of gravity can become adversely affected even more by carrying a heavy purse, briefcase, or even repeated carrying of another child on the hip. Whenever possible, carrying a lighter load can be helpful at prevention of back pain and other injuries.

### A LITTLE TLC

Massage therapy can be a great perk of being pregnant. An expectant mother should be getting back rubs and massages if possible. This pain relieving technique is not only healing and healthy, but it's also soothing for a pregnant woman. Anything that soothes her mind and body is a plus, because it is very important to keep the stress levels at a minimum. Stress can be a concern with pregnancy, so it is advisable to find stress reducers; massage therapy is a fun solution! Of course, always make certain your professional massage therapist is well trained in the massage of expectant moms, as there are some maneuvers that are not advisable with pregnancy.

### TWO GEMS: GET SOME REST AND DRINK WATER!

A good night's sleep each night and good water intake throughout each day cannot be overemphasized. These basic needs surpass the need for food in the survival of any human being. That being said, a woman supporting another being in her body, makes the importance twofold. As many mothers know, however, sleep and pregnancy don't always seem to go together very well. It can be uncomfortable to have a whole new part of your body to deal with. The best way to sleep while pregnant is on the side, preferably with a support pillow between the legs. The more comfortable one is, the more sleep they will get. Staying hydrated keeps the mother healthy and the baby happy. Keep in mind the child is feeding off of the mother, and if she isn't getting enough for herself, she isn't getting enough for her baby either.

These tips can be helpful in any pregnancy, not just those suffering with back pain. At times back pain might seem unbearable for pregnant women. If this article touches you or a family member or friend, keep in mind or pass on the knowledge that there are solutions and relief available. An expectant mother will find that by caring for her unborn child, she is actually also caring for herself, which is essential for living the wellness lifestyle.

# Carrying THE LOAD

## 10 Things Every Parent Should Know About Backpacks

*The numbers of children with back pain are reaching almost epidemic proportions. The culprit, experts say, is overloading our children's backpacks. Often slung over one shoulder and filled with everything from lunch to athletic equipment to every book they own, backpacks are weighing in at alarming rates. This has physicians concerned.*

Recent studies reveal that up to 75% of school aged children may be experiencing not only back pain, but also neck and shoulder pain too. In fact, studies show that more than 13,260 injuries related to backpacks were treated at hospital emergency rooms, doctor's offices and clinics in the year 2000, according to estimates of the U.S. Consumer Product Safety Commission.

"Carrying overloaded backpacks causes muscle fatigue and strain," says Dr. Charlotte B. Alexander. "If you have a 90-pound female carrying a 20-pound backpack, then the backpack weight becomes a medical issue. Most of the students surveyed are carrying backpacks weighing much more than the recommended limit of 10 percent of their body weight. In fact, we found one 10-year-old girl with a backpack weighing 47 pounds."

According to the American Chiropractic Association (ACA), school-aged children are suffering from back pain much earlier these days than previous generations and the use of overweight backpacks is a contributing factor.

"In my own practice, I have noticed a marked increase in the number of young children who are complaining about back, neck and shoulder pain," said Dr. Scott Bautch, past president of the ACA's Council on Occupational Health.

A recent study stated that there are 40 million students carrying backpacks these days. The percentage of these students carrying heavy backpacks is on the rise.

What are the negative effects when a child carries a heavy backpack?

Not only does this result in pain throughout the back, neck and shoulder area, but wearing the backpack on one shoulder can worsen the curvature of the spine and can contribute to possible scoliosis.

Also, a heavier backpack will cause your child to bend forward in an attempt to support the weight on his or her back, rather than on the shoulders, by the straps. This causes an increase in the natural curve of the mid back (called kyphosis) and in the stress placed on the neck, back and shoulders.

Another negative effect of increasing this mid back curve is a decrease in the student's breathing mechanics and lung capacity.

If these aren't enough reasons to reevaluate backpacks, a recent study showed students who carried packs weighing 25% of their body weight exhibited balance problems while performing normal activities such as climbing stairs or opening doors, increasing their risks of falls.

What can you do as a parent to safeguard your child this school year?

Many studies recommend the weight of a child's backpack be no more than 10% of their body weight. With today's education system this can be a hard thing to do. Carrying each day's books and supplies, can be a difficult balance for children. It's important to regularly check your child's backpack and evaluate the contents to make sure that all are necessary.

*"Researchers also found that children whose parents never checked their backpacks tended to carry the heaviest loads."*



## 10 Backpack Safety Tips

1. Make sure that your child's backpack weighs no more than 10 percent of their body weight. A heavier backpack will cause your child to bend forward in an attempt to support the weight on his or her back, rather than on the shoulders by the straps.
2. The backpack should never hang more than four inches below the waistline. A backpack that hangs too low increases the weight on the shoulders, causing your child to lean forward when walking.
3. A pack with individualized compartments helps in positioning the contents most effectively. Make sure that pointy or bulky objects are packed away from the area that will rest on your child's back.
4. Bigger is not always necessarily better. The more room there is in a backpack, the more your child will carry – resulting in a heavier backpack.
5. Urge your child to wear both shoulder straps. Lugging the backpack around by one strap can cause the disproportionate shift of weight to one side, leading to neck and muscle spasms as well as low back pain.
6. Wide, padded straps are important. Non-padded straps are not only uncomfortable, but they can dig into your child's shoulders.
7. The shoulder straps should be adjustable so that the pack can be fitted to your child's body. Straps that are too loose can cause the pack to dangle uncomfortably resulting in spinal misalignment and pain.
8. If the backpack is still too heavy, talk to your child's teacher. Ask if your child could leave the heaviest books at school and bring home the lighter handouts, workbooks and materials whenever possible.
9. Although the use of roller-packs, or backpacks on wheels, has become more popular in recent years, the ACA is now recommending they be used cautiously and on a limited basis by those students who are not physically able to carry around backpacks. Some school districts have begun banning the use of the rolling backpacks because they clutter hallways, are not stair-friendly and can result in students tripping and falling over them.
10. Consider the ACA-endorsed Samsonite Chiropak, a school bag designed to ease much of the stress that carrying one's books can place on one's body. Among other features, the Chiropak offers comfortable body contact surfaces and an adjustable hip/waist belt. For more information on the Chiropak, visit [www.chiropak.com](http://www.chiropak.com) or [www.samsonite.com](http://www.samsonite.com).

If your child is experiencing any pain or discomfort due to carrying around a heavy backpack, please call your Doctor of Chiropractic.

Doctors of Chiropractic are licensed and trained to diagnose and treat patients of all ages and they use a gentle type of treatment on children to make sure that their spines grow and develop accordingly and that they don't have pain throughout their shoulder, neck and back areas because of "backbreaking backpacks."



## Snow Shovelling #1 Cause of Winter Back Pain “Lift light, shovel right” say back specialists



**PUSH THE SNOW TO ONE SIDE AND AVOID THROWING IT AS MUCH AS POSSIBLE. THIS IS ONE OF THE 6 TIPS OFFERED BY THE ONTARIO CHIROPRACTORS ASSOCIATION.**

**TORONTO, ON** A new poll released points to snow shoveling as the leading cause of back and neck pain during the winter months. 73 per cent of Ontario chiropractors surveyed say improper shoveling technique tops the list of winter back pain woes.

“Chiropractors are finding that some patients experience back and neck pain as a result of improper snow shoveling technique,” said Dr. Dennis Mizel, President of the Ontario Chiropractic Association. “Improper technique can be anything from bending at the waist instead of the knees to throwing snow instead of pushing it. When you combine improper technique with the average weight of one shovelful of snow (five to seven pounds) it becomes even more evident that this is a serious problem for both adults and the children who help them.”

National public opinion research firm, Pollara, recently conducted the survey among members of the Ontario Chiropractic Association. Pollara surveyed a total of 500 chiropractors from across the province. The survey is accurate to within (+/-) 4.4 percentage points, 19 times out of 20.

“Back problems can surface in patients during the winter, especially those who are unaccustomed to participating in challenging physical activity on a regular basis,” said Dr. Kristina Peterson, a chiropractor in Thunder Bay. “Activities requiring exertion that is higher than one’s daily routine such as winter sports or pushing stuck cars can cause back injuries. However, snow shoveling is the number one reason patients present with back pain in the winter.”

Don’t let winter be a pain in the back - ‘Lift light, shovel right.’ Education and preparedness are the keys to correcting this seasonal problem.

**The Ontario Chiropractic Association offers the following preventive measures to help keep backs in shape:**

- 1. Warm-up.** Before beginning any snow removal, warm-up for five to ten minutes to get the joints moving and increase blood circulation. A good warm-up should include stretches for the back, shoulders, arms and legs. This will ensure that your body is ready for action.
- 2. Don’t let the snow pile up.** Removing small amounts of snow on a frequent basis is less strenuous in the long run.
- 3. Pick the right shovel.** Use a lightweight push-style shovel. If you use a metal shovel, spray it with Teflon first so snow won’t stick.
- 4. Push, don’t throw.** Push the snow to one side and avoid throwing it as much as possible. If you have to throw, avoid twisting and turning - position yourself to throw straight at the snow pile.
- 5. Bend your knees.** Use your knees, leg and arm muscles to do the pushing and lifting while keeping your back straight.
- 6. Take a break.** If you feel tired or short of breath, stop and take a rest. Stop shoveling immediately if you feel chest or back pain.

*Founded in 1929, the Ontario Chiropractic Association represents the professional interests of more than 2,800 Ontario chiropractors. Chiropractic is a regulated health care profession recognized by statute in all Canadian provinces, and is one of the largest primary contact health care professions in Canada. Every year approximately 4.5 million Canadians use chiropractic services.*

## How to Keep Your Spine in Shape for Yard Work

*“Before you rev up the lawn mower or reach for your rake this spring, consider the possible consequences: Back Pain!”*

In the spring and summer time, yard work can be a common cause for back pain. The American Chiropractic Association offers the following tips to help prevent back pain while doing yard work:

1. Do stretching exercises, without bouncing, for a total of 10 to 15 minutes spread over the course of your work. Do knee-to-chest pulls, trunk rotations, and side bends with hands above your head and fingers locked. Take a short walk to stimulate circulation. When finished with the yard work, repeat the stretching exercises.
2. Stand as straight as possible, and keep your head up as you rake or mow.
3. When it’s still warm outside, avoid the heat. If you’re a morning person, get the work done before 10 a.m. Otherwise, do your chores after 6 p.m.
4. When raking, use a “scissors” stance: right foot forward and left foot back for a few minutes, then reverse, putting your left foot forward and right foot back.
5. Bend at the knees, not the waist, as you pick up piles of leaves or grass from the grass catcher. Make the piles small to decrease the possibility of back strain.
6. When mowing, use your whole body weight to push the mower, rather than just your arms and back.
7. If your mower has a pull cord, don’t twist at the waist or yank the cord. Instead, bend at the knees and pull in one smooth motion.
8. Drink lots of water, wear a hat, shoes and protective glasses. And, to avoid blisters, wear gloves. If your equipment is loud, wear hearing protection. If you have asthma or allergies, wear a mask.
9. Try ergonomic tools. They’re engineered to protect you when used properly.

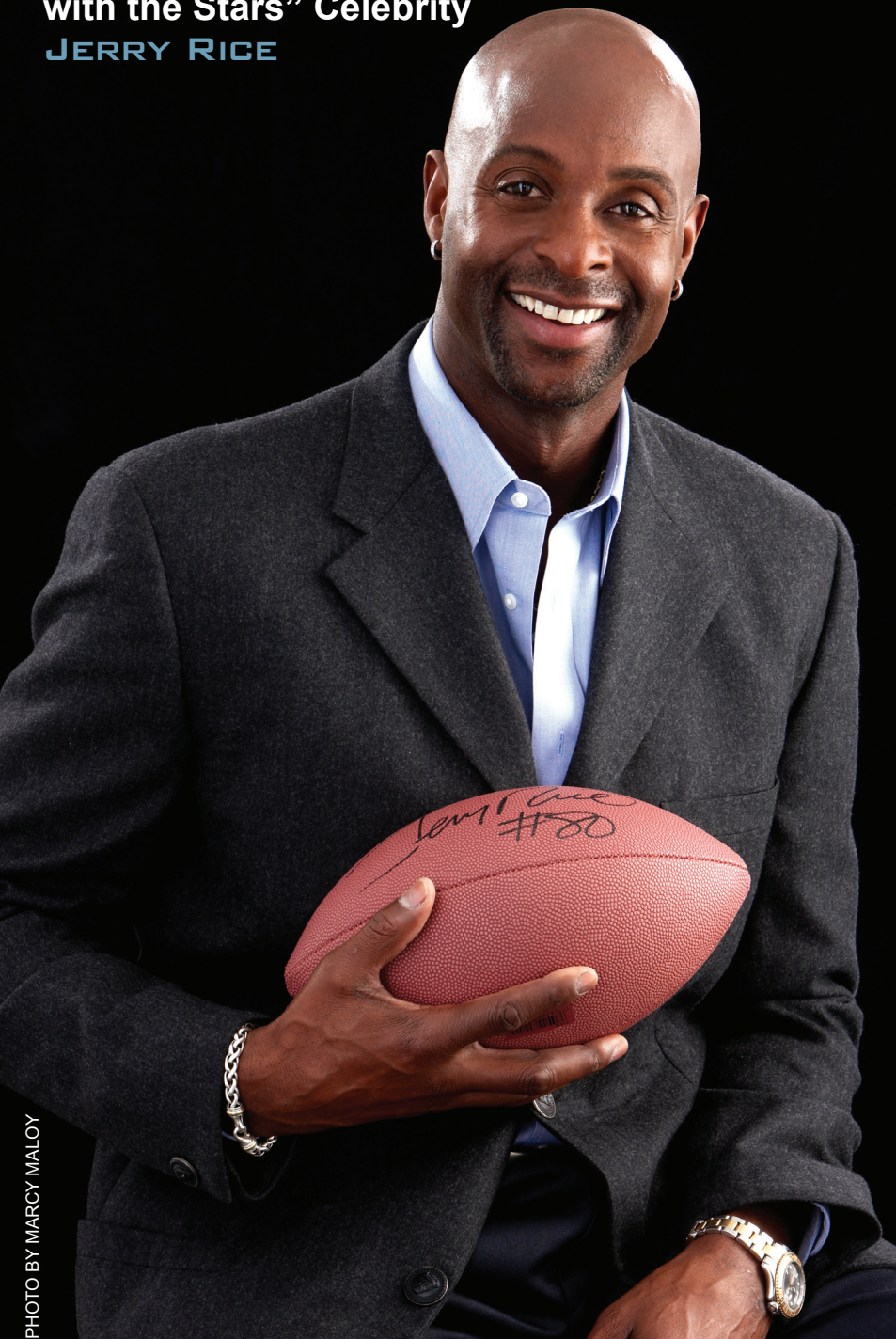




# Staying In The Game With Chiropractic Care

## NFL Hall of Famer & "Dancing with the Stars" Celebrity

JERRY RICE



Jerry Rice

» "Chiropractic gave me the edge to succeed, not only on the gridiron but also on the dance floor."

NFL Hall of Famer and Dancing with the Stars finalist Jerry Rice is a 13 time Pro Bowl football player, owns 38 career records and three Super Bowl Rings. Now he shares his positive experiences with chiropractic care.

"Chiropractic is a great profession and I am pleased to be talking to you about the value of chiropractic care.

I believe in chiropractic. You probably know about my long and successful career in football. I'm flattered by the testimonials to my durability. And it's known that I am the oldest wide receiver in the history of the NFL.

Football is a very rough and vigorous sport. Many of the passing routes that I ran in a game either down the field or through middle caused me to jump for a ball. My body was exposed to some vicious tackles by players twice my size.

Thankfully, I had the durability to withstand these tackles – or I would never have succeeded in this game or lasted as long as I did. Chiropractic helped my body to succeed in this very rough sport.

I have to admit, I was once a skeptic regarding the value of chiropractic care. My first real experience with chiropractic was right before the 49ers were to play the Bengals in the Super Bowl. A couple of our stars were injured. A chiropractor was brought in and helped these athletes perform. I quickly became a believer in the benefits of chiropractic care.

"Dancing with the Stars" was every bit as exhausting and challenging – though not nearly as brutal as football. It required many of hours of practice. My body was strained in areas I had never experienced before. Again, chiropractic made the difference.

The game of life requires the edge that chiropractic provides. Chiropractic allows me to lead a very active lifestyle. I know that it can help millions of people who are seeking a stronger body, optimal health and longevity.

Chiropractic gave me the edge to succeed, not only on the gridiron but also on the dance floor." Rice continues to rely on chiropractic adjustments to keep himself healthy and active.