

“The Doctor of the future will give no medicine but will interest his patients in the care of the human frame, in diet, and in the cause and prevention of disease.” -Thomas Edison

Spinal Health and Correction Center

www.spinalhealthandcorrection.com

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SPINAL HEALTH AND CORRECTION CENTER

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Points of Interest:

- **April Giveaway Results**
- **How to Make Adjustments Hold Longer Part I**

Thank You! April Giveaway Results

Congratulations to the winners of the Kalahari trip, T.V. and gift card. Unfortunately I cannot post names without written consent however first, second and third place all had over 20 points. Thank you so much to everyone that referred your family and friends. I'm honored and have the best patients around.

How to Make Adjustments Last Longer Part 1

VEHICLES:

- Sit on the edge of the seat when getting in, then swing both legs together, pivoting on an axis.
- If the length of the seat is too close to the dashboard, move back when getting in and out.
- The seat should be reclined about 30 degrees from a vertical position to allow good back and shoulder support.
- If the car has a low back support it should be inflated to allow equal pressure along the spine.

- Adjust your seat and steering wheel in such a way that you can step on the pedals without having to move your lower back forward off the back of the seat.
- Seats do not bend like we do. When going on long trips tilt/move your seat a notch or two every 20 minutes to avoid muscle fatigue and poor circulation.



- Never slouch while driving.

PHONE:

- The telephone should be close to you so you don't bend, twist or stretch to reach it. Your back should stay on the back of the chair.
- Switch hands when using the phone.
- Do not cradle the phone in the crook of your neck. This will destabilize the neck and create fatigue.
- Use a headset or speaker phone if possible.

Thank you for the referral of your family and friends.