

“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**

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### **Points of Interest:**

- **Chance to win \$100 Visa gift card**
- **Tips to help you heal part 2**

# Spinal Health and Correction Center

www.spinalhealthandcorrection.com

Newsletter Date: June 2014

## **Chance to Win \$100 Visa Card**

I hope everyone is enjoying their summer. This is a chiropractor's busy season due to outdoor sports, yard work and gardening so watch your back.

I'm asking for Google and Facebook reviews. If you give a Google or Facebook review, you will be put in a drawing to win a \$100 visa gift card. You have a chance to be put in twice if you give both a Google and Facebook review. The winner of the drawing will be called July 1st.

Thank you so much in advance. I can't express my appreciation for all the help.

## **Tips to Heal Part 2**

### **WORK/ COMPUTER:**

- No desk or chair is one size fits all and the body can only take 20 minutes in a static position. Take frequent breaks to stretch, adjust your chair slightly and move.
- Do not slouch. When looking from the side, your ear should be over your shoulder and your shoulders should be back.
- Lean back 10 to 20 degrees. This helps take pressure off the pelvis and hips. Be sure the chair supports your shoulders and low back when leaning back.
- Use arm rests and sit on a chair with a high back rest.
- Keep your feet flat on the floor and your knees should be 1-3 inches beyond the edge of the chair.
- The center of your computer monitor should be at a 15 degree angle down from your eyes. Lighting should be at a 90 degree angle from the monitor.
- The keyboard should be placed so the shoulders are relaxed, elbows are at 90 degrees, and wrists are straight. The keyboard should be flat or slightly elevated at the front. Using a keyboard when the back is higher than the front puts stress on the elbows and wrists.
- When using a mouse, keep your elbow close to your body. The mouse should be close to and on the same level as the keyboard. If possible use a track ball.
- Getting this correct is difficult. Ask your for an ergonomic assessment.

**Thank you for the referral of your family and friends.**