

April, 2011

Jamison Chiropractic 1700 Almshouse Road, Jamison, PA 18929 (215)343-4036



Spring
into health



jamisonchiropractic.com



with
**America's Top
Chiropractors**

-- Consumers' Research Council of America

4 Years
in a row!

Tips to Help Make Spring Enjoyable:

1. **Adults:**

Prepare your body for outdoor physical activity

Before you step out the door to start any *yard work*, or reach for your *gardening* tools, be sure to *stretch your muscles*. The back, upper legs, shoulders and wrists are all major muscle groups affected when using your green thumb!

2. **Children:**

Encourage healthy habits in young athletes

Ensure your child understands the importance of *proper fitness, stretching, training* and *rest* the body needs to engage in sporting activities this season.

3. **Chiropractic Care Can Help**

Call to schedule an appointment today!

Dr. Mark Feeney and Dr. Kristen Doyle are licensed to treat the entire neuromusculoskeletal system. They can provide *helpful advice* for *injury prevention*, as well as appropriate *exercise and stretching* techniques. If you find you are already experiencing *muscle aches and pains*, *chiropractic care* can help to *alleviate discomfort*. Call the office for a complete listing of services and therapies or *visit us on the web*. We've posted several articles with health and wellness tips to help make spring safe and enjoyable for

Spring Hours

Monday, Wednesday, Thursday

9am-12:30pm; 3pm-7pm

Tuesday:

7am-12:30pm; 3pm-7pm

Friday:

7am-2pm

Allow our doctors and staff to help you regain your health in our family-friendly atmosphere, where "Pain-free = Hassle-free".

Services:

- Chiropractic Adjustments
- Massage Therapy (Provided by Certified Massage Therapists)
- Ultrasound
- Electrical Muscle Stimulation
- Intersegmental Traction
- Flexion/Distraktion
- Home Exercise/Stretching



Gift Certificates
On Sale
May 2nd - 6th!

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Check out our Blog <http://jamisonchiropractic.blogspot.com/>

Need a later evening or weekend appointment? **Visit our affiliate office!**

Dr. Kristen Doyle's Holland Family Chiropractic

7 Vanderveer Ave, Holland, PA 18966; (215)364-1939; www.hollandfamilychiro.com