

## Holistic and professional health care

### Services Provided

- Spinal adjustments
- Corrective exercises
- Lifestyle counseling
- Nutritional counseling
- Massage therapy

### Hours of Operation

Monday – Thursday: 7:30 am – 7:00 pm  
Friday: 8:00 am – 6:00 pm  
Saturday: 9:00 am – 5:00 pm

### Payment Methods

- Most insurance plans are accepted
- All major credit cards are accepted
- Flexible payment programs are available

### Make an Appointment/Request More Information

- Call us at 312.555.0125
- Send an e-mail to [info@chiropracticcare.com](mailto:info@chiropracticcare.com)
- Visit <http://chiropracticcare.com>

### Appointment Policy

- Patients should arrive 30 minutes before their first appointments.
- Patients are seen within 20 minutes of their appointment times.

### Cancellation Policy

Cancellations must be received at least 24 hours before an appointment. A \$75 fee will be assessed for no-shows and cancellations made less than 24 hours in advance.

## Chicago Chiropractic Care

### A Guide to Chiropractic Care



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516 N. Ogden Avenue  
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Phone: 312.555.0125  
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Web site: <http://chiropracticcare.com>

**Helping individuals achieve optimal health**

**Call today to restore your  
balance and peace of mind!  
312.555.0125**

**Restore Your Life:** Call now at **312.555.0125** to make an appointment with one of our experienced and skilled chiropractors.

### What is chiropractic care?

Chiropractic health care is based on the principle that our bodies can heal without the use of drugs or surgery. It focuses on the relationship between the body's spinal region and nervous system. Although chiropractic care is used primarily to treat back and neck ailments, it also helps restore patients to optimal health.

### How is this possible?

The spinal column encases the spinal cord, a tubular bundle of nerve tissues and support cells that originate in the brain. The brain and spinal cord form the central nervous system, which coordinates cellular functions and controls tissues and organs.

Therefore, problems that affect the spinal column can irritate the nervous system. If the nervous system is "out-of-whack," then the functioning of the cells, tissues, and organs that it controls can be negatively affected as well.

Besides, pain in any part of our bodies impacts our overall physical health and causes mental anguish, thus decreasing our quality of life.



Restore balance to your body.

### What conditions does chiropractic care alleviate?

Chiropractic care is used most frequently to relieve lower back pain; however, it can also effectively treat a number of other ailments including migraine headaches, neck and shoulder pain, hip and leg pain, carpal tunnel syndrome, and fibromyalgia.

### What does chiropractic care involve?

Chiropractic care is a perfectly safe medical treatment when performed by highly-skilled chiropractors. At Chicago Chiropractic Care, we have the skills and experience needed to restore your body to optimal health. We use the most advanced chiropractic techniques to treat our patients' conditions.



Restore peace of mind.

During your first visit to our office, we will take a thorough medical history including the details about your current condition. We will then talk with you to answer your questions, learn more about your condition, and discuss how chiropractic care can help.

After your consultation, your chiropractor will give you a complete examination that will involve some or all of the following procedures: testing your reflexes and flexibility; running neurological, orthopedic, postural, and physical tests; and taking X-rays.

Once a diagnosis has been made, we will discuss your treatment options, which might involve a few or ongoing office visits.

Since we address both the symptoms and underlying cause of your pain, we take a holistic approach to treatment. Therefore, your treatment plan might include a combination of the following:

- spinal adjustments
- physical therapy
- soft tissue massage
- nutritional counseling
- lifestyle modification

As partners in your healthcare, we will work with you to create treatment and wellness plans that best meet your medical needs. As such, your input is a valuable part of your treatment plan.

### Tips for maintaining a healthy spine

1. Sleep on a firm mattress that keeps the spine properly aligned and supports its natural curve.
2. Sleep on your back or side.
3. Adjust the seat of your car so that your knees are level with your hips.
4. Maintain an ergonomically correct work station.
5. When lifting objects, keep your spine straight, put most of the weight on your legs, and hold the object close to your chest.
6. Exercise regularly and maintain the proper weight.
7. Maintain good posture.  
*This information is not a substitute for health care advice from a trained professional.*

For more information about maintaining a healthy spine, please visit <http://chiropracticcare.com> or call us at 312.555.0125.