

# SARASOTA CHIROPRACTIC CENTRE SPINE NEWS BULLETIN



Dear Patients:

Are you more than ready to welcome Spring – the season of re-birth? My guess is many of us are looking forward to the delightful sunlit days, which leave us with more time for work and play! And this year in particular, we find ourselves needing the additional daylight hours to renew our landscape that saw much damage from the colder than typical Florida winter. So while the added physical activity is good for us, keep in mind, that if done improperly, we will be feeling unpleasant physical effects.

With a few minor adjustments (besides the Chiropractic kind), you will not feel the effects of yard work so much if you remember to stretch prior to work; bend correctly from your knees, and “hug your best friend”...that would be **you!** Wrap your arms around yourself after letting your breath out and rotate to one side, as far as you can go. Hold it for 10 sec., then reverse. Repeat 2 or 3 times! It is important to operate your yard equipment safely and prepare your body in kind!

If you practice these few safety tips, you'll be at the top of your game!

**Dr.  
Walters**

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**HEALTH CARE REFORM...**

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Well it is no secret that many doctors and patients have expressed anxiety over the health care bill and how it is going to play out! However, no matter what your views are on this sensitive subject...ours remain the same. Sarasota Chiropractic Centre was

founded 37 years ago on the foundation that the patient comes first and Dr. Walters operates her practice exactly the same today. She works for YOU...not the Government, not the Insurance Companies but for YOU!

No matter what is dictated or mandated, we promise to never lose sight of the fact that GOOD HEALTH IS PRICELESS, and yours is uppermost in our mind!!



**EXTRA, EXTRA...DID YOU HEAR THE LATEST???**

According to a recent report from the American Chiropractic Association, the long-awaited results are in from a congressionally mandated project testing the feasibility of expanding chiropractic in the Medicare program. Patients have a high rate of satisfaction with the care they receive from doctors of chiropractic. When asked to rate their satisfaction on a 10-point scale, 87% of patients in the study gave their doctor of chiropractic a level of 8 or higher. What's more, 56% of those patients rated their chiropractor with a perfect 10! Contributing to this high end was that patients reported their doctors listened to them carefully and devoted adequate time with their treatment plan. Currently, chiropractic coverage under Medicare is limited to spinal manipulation. However, under the demonstration project, chiropractic care was expanded to include diagnostic and other services, such as X-rays, examinations, physical therapy

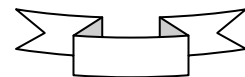
services and rehabilitation services. We are working toward these ancillaryln hopes that they will be covered at some point in the future, because they are vital to the patient's well-being.

**Mother's Day Special!!!**

On May 9<sup>th</sup> you have the opportunity to give back to the person who gives so much of herself! Why not treat her to a gift of well-being. Purchase a Mother's Day Massage Gift Certificate...she's sure to love it!!! .

\*1 hour gift Certificate...reg. \$75.00  
Special.....\$58.00

Whether she needs a relaxation massage, or has a problem area that has been bothering her, our therapists are trained to provide the necessary treatment...it's what sets us apart!  
**\*Mention this special Mother's Day offer when making an appointment**



**SCHEDULE CHANGE...**

- ❖ Effective Saturday, April 24<sup>th</sup>...we will offer Saturday hours for Massage Therapy by appointment only.

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Due to hectic schedules, we have increased our hours of operation for Massage Therapy. Debbie will be available from 9 until Noon for appointments. *Please contact Char at 922-2000 to schedule your session.*

## DID WE HEAR YOU SAY YOU FEEL FINE?

Excellent – that's what we want to hear! Even though you do, we cannot stress the importance of maintaining this feeling of well-being! Just as you get your regular dental check-ups, yearly health check-ups and perform regular maintenance of your car, you need to include regular maintenance on your spine...**it is the only one you have**, and unlike teeth, and/or your car, you cannot trade it in on a new model. To summarize, don't neglect your preventative chiropractic visits. You'll not only feel fine, but save money on doctors visits and enjoy the quality of life you deserve!

## THOUGHT FOR THE DAY

We all start out the same...at birth we take our first breath, at death, our last. It's what we do in-between that defines who we are!



Enjoy Spring!!!!

**941-922-2000**

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