

Cross-Up Chiropractic

Your guide to Health & Wellness

PHONE #
847-984-2702

ONLINE BOOKING:
crossupchiro.com



Define “Chiropractic”

By Dr. Jack

Have you ever googled the definition of Chiropractic? Don't waste your time; it's brutal. It was like reading a sentence that never ends. We can do better. Especially since a 2019 Gallup Palmer survey concluded that 50% of Americans have no idea what the word means.

Here's how I would put it - "Chiropractic is a natural health practice that alleviates pain and enhances movement through the use of coaching and hands-on therapies that restore functionality of the body's joints, muscles, nerves, vessels, and organs."

I know some of you are really revved up and excited after reading that because you've experienced just how awesome it is to gain control of how you feel. Slow down, we're not even at the good stuff yet! In the next section, let's take a deeper look at what completes the "Cross-Up" Chiropractic Experience.

WHAT'S NEW

TAKE A LOOK INSIDE

How to clearly explain exactly what happens at Cross-Up Chiro

TRENDING TREATMENTS

What seem to be the most common cases this time of season

ARE YOU READY TO GO?

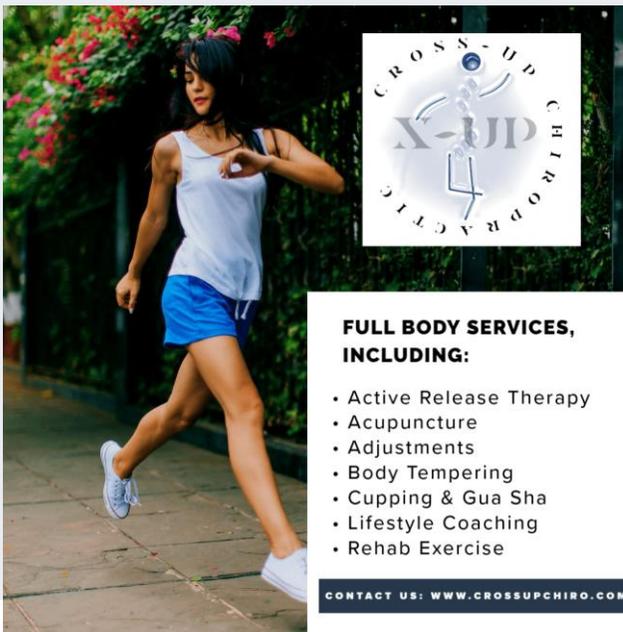
How to get started as a new patient and what to expect on the first visit.

Take a look inside

Chiropractic is so cool because the options are limitless. At Cross-Up, Dr. Jack & Dr. Peyton are constantly learning new ways to fast track recovery and help you feel better, faster, stronger, and more resilient.

As a team with you, our goal is to **achieve pain-free movement, stability, and endurance**. Here is how it's done:

First, by releasing tension and promoting circulation through muscular therapies, we eliminate the barriers of movement and ensure full range of motion. It is then through specific rehab that we balance supporting muscles to counter poor posture. Finally, we challenge the original area of complaint with previously painful activities to guarantee an improvement that will get you back to doing what you want, need, love, or desire to do without hesitation.



Are You Ready To Go?

For those interested in setting up their first session, we would love to have you! You can call or make an appointment via the booking link on our website. Either way, you will be able to fill out appropriate forms electronically beforehand. At the office, we thoroughly discuss your history, conduct a pertinent physical examination, and then get started on treatment and determine the most effective plan moving forward.

We are a referral-based practice; so, if you know anyone in pain that could benefit from our services, please forward this newsletter for them to learn more. With Care, Dr. Jack & Dr. Peyton

Trending Treatments



Often, we see trends relative to the types of cases that present at our office. The past few months there are two, in particular, which have consisted of about 75% of patient complaints: acute low back pain and chronic shoulder pain.

Are these specific to the Fall/Winter months, no! It is convenient, though, when this happens because we can diagnostically narrow down the pain origin by drawing parallels between patients.

In any case, if we can help you, you'll know in just 2 sessions because you're going to have significant relief in that time; and that means significant by your standards, not just ours! From there, we have a great idea of the time needed for full recovery - or as many of you have found, we move on to solving other issues.