

# Our Services

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## CHIROPRACTIC CARE

Chiropractic adjustments correct improper spinal mechanics that can contribute to stress and set the stage for future injury. Traditional and low-force techniques are adapted to the needs of the individual.

## ERGONOMIC ASSESSMENTS

Work station evaluations determine sources of improper body mechanics that lead to imbalances in the body structure. Static and movement assessments are used to provide tangible solutions to improve work set up and diminish physical stress on the body.

## CORRECTIVE EXERCISE

Functional movement protocols assess proper joint motion, stability and muscle strength. Deficiencies and imbalances are addressed via personalized strengthening and flexibility protocols that are designed to optimize body mechanics related to work duties.

## LIFESTYLE CONSULTING

Discussion of foundational lifestyle factors that influence general health and impact overall performance including sleep, nutrition and stress management.



*Natural Pain Relief, Holistic Health  
and Wellness Solutions...  
Direct To You!*

410-734-2421  
[www.dmvmobilechiro.com](http://www.dmvmobilechiro.com)



# Workplace Wellness

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Feel Better  
Function Better  
Work Better



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# Why "Workplace Wellness"?

Many people spend at least 1/3 of their lives at their jobs. Factors such as elevated stress levels, poor nutrition and work duties can impair our abilities to perform our jobs optimally. This leads to symptoms and signs of diminished health. In order to perform at the best possible level, it is necessary to ensure employees have access to convenient, comprehensive health care solutions.

## Our Mission

- Encourage optimal health in the workplace
- improve management of work stressors
  - foster habits that nourish physical and emotional health
  - reduce risk of physical injury leading to disability

It is our belief that a healthy workplace environment begins with the optimal health and function of its employees.

## The "Unhealthy" Workplace

### Causes

- Repetitive body movements and postures
- Poor desk, lifting and movement ergonomics
- Inadequate nutrition

### Effects

- Work absences
- Decreased productivity
- Pain & symptoms
- Fatigue and diminished focus
- Lack of motivation

We don't feel well



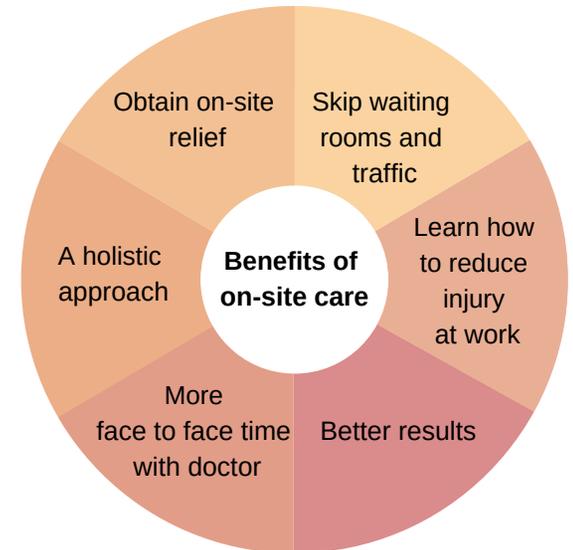
We don't function well

### *Conditions We Help*

Headaches  
Sciatica  
Arthritis  
Stiffness  
Fatigue  
Joint Pain  
many more...

## A Unique, Convenient Solution

We deliver workplace wellness solutions directly to your place of business



We offer an array of wellness services designed to help retain employees, increase productivity, ensure health and safety, and promote personal success.