

Strauss Chiropractic Center

...because adjustments are a part of life.



September 2025 (Revised 9-2-25)						
Sunday	Monday	Tuesday	Wed	Thursday	Friday	Saturday
	HAPPY Labor Day 1 OFFICE CLOSED	2 Regular Hours Resume	3 NEW HOURS! Dr. Gerry: 9-3 9AM-3PM ONLY	4 Dr. Judy:9-3 Dr. Gerry:9-3 Dr. Randy:3-8	5 Dr. Gerry: 9-5 Dr. Judy: 1-8	6 Dr. Judy: 9-1 Dr. Gerry: 9-1
7	8 Dr. Randy:9-1 Dr. Judy:1-8 Dr. Gerry:1-8	9 Dr. Judy:9-3 Dr. Randy:3-8	10 NEW HOURS! Dr. Gerry: 9-3 9AM-3PM ONLY	11 Dr. Judy:9-3 Dr. Gerry:9-12 Dr. Randy:3-8	12 Dr. Gerry: 9-5 Dr. Judy: 1-8	13 Dr. Judy: 9-1 Dr. Gerry: 9-1
14	15 Dr. Randy:9-1 Dr. Judy:1-8 Dr. Gerry:1-8	16 Dr. Judy:9-3 Dr. Randy:3-8	17 NEW HOURS! Dr. Gerry: 9-3 9AM-3PM ONLY	18 HAPPY BIRTHDAY CHIROPRACTIC! Dr. Judy:9-3 Dr. Gerry:9-3 Dr. Randy:3-8	19 Dr. Gerry: 9-5 Dr. Judy: 1-8	20 No Dr. Judy Dr. Gerry: 9-1
21	22 Dr. Randy:9-1 Dr. Judy:1-8 Dr. Gerry:1-8	23 Dr. Judy:9-3 Dr. Randy:3-8	24 NEW HOURS! Dr. Gerry: 9-3 9AM-3PM ONLY	25 Dr. Judy:9-3 Dr. Gerry:9-3 Dr. Randy:3-8	26 Dr. Gerry: 9-5 Dr. Judy: 1-8	27 Dr. Judy: 9-1 Dr. Gerry: 9-1
28	29 Dr. Randy:9-1 Dr. Judy:1-8 Dr. Gerry:1-8	30 Dr. Judy:9-3 Dr. Randy:3-8	Please Note: Beginning this month, Dr. Judy will no longer be working on Wednesdays!!			

Strauss Chiropractic Center
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(215) 946-6815

www.strausschiropracticcenter.com
StraussChiropractic@gmail.com

Office Hours

M, Tu, Th & F: 9 AM - 8 PM
Wed: 9 AM - 3 PM
Saturday: 9 AM - 1 PM

Chiropractors' Hours

Dr. Judy: M & F: 1-8
T & Th: 9-3
S: 9-1

Dr. Gerry: M: 1-8
W & Th: 9-3
F: 9-5
S: 9-1

Dr. Randy: M: 9-1
T & Th: 3-8

Happy Birthday Chiropractic!!!

September 18th marks the day the first chiropractic adjustment was given in 1895. Despite 130 years of existence, tons of positive patient reviews, and scientific evidence, chiropractic still suffers from many misconceptions, myths, and outright misrepresentations.

Chiropractic's birthday seems like a good time to set the record straight on some of them. Below are the facts regarding the four most common lies about chiropractic.

Lie #1: Once you start seeing a chiropractor you have to go forever.

Truth: Anything you do for your health is worth doing continually. Think about it. Once you start brushing your teeth, you have to keep brushing them forever. Once you start getting a good night's sleep, you have to keep doing it forever. Physical, chemical, and emotional stresses are constantly bombarding your body, wearing it down and keeping it from working at its best. It just makes sense to do as much as you can to counteract some of that. Your spine is the single most important organ you have, so no, you don't have to, but it makes sense to take care of it on a regular, ongoing basis.

Lie #2: Chiropractic is for bad backs.

Truth: Chiropractic isn't about your back; it's about your LIFE!! Chiropractors check the bones of the spine to allow the nerve system to work better. But you don't need to be bad, to be better. If you're waiting until something hurts to see your chiropractor, you are completely missing the boat!!

Lie #3: If it didn't "pop/crack," it didn't "go."

Truth: This makes no sense. Think about it. They don't "pop" when they go "out," so they don't need to pop to go "in." The noise you may hear when getting adjusted is no different than that in your knuckles (or any joint for that matter) when it reaches its full range of motion. Gas can escape from the joint capsule and make the familiar noise, but it doesn't mean you're adjusting anything. In fact, you may be putting things out. There are many techniques in chiropractic that never emit any audible noise but are extremely effective.

Lie #4: It costs a ton of money.

Truth: While that may be true in some offices, it is definitely NOT true at the Strauss Chiropractic Center. Most people need more chiropractic care than they get. That's one of the reasons we have a "Set-Your-Own-Fee" system. Is it free? NO! We provide an excellent, invaluable service and expect people to reimburse us. We couldn't stay in business if they didn't. But we don't want money to be the reason people don't get the care they need. Of course, we expect you to do the best you can financially, but you should also come as recommended and tell others about our office. This is how we have run the office since 1967, and when everyone does their part, it works.

At the Strauss Chiropractic Center, we understand that everybody is better off with a clear nerve system. That's why we run the office the way we do. Taking care of your nerve system is the single most important thing you can do for your health and life.

Make sure you know the truth about chiropractic and then, by all means, share it with others.