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Print for Yourself & Friends!

(815)467-0656 Minooka

(815)584-1100 Dwight

Dr. Michael Smith DC, DACRB

Cash or Credit Fee Schedule

\$25 Exam

\$30 Spinal or Extremity Adjustment

\$35 Acupuncture

\$25 Massage \$10/\$30 Dry Needling

\$175 Custom Foot Orthotics

Walk-In, No Appointment

Chiropractic treatment of: BACK PAIN

It's estimated that eight out of ten people suffer from back pain at some point in their lives. Back pain is one of the most common reasons people seek medical attention.

Virtually all human beings are subject to back problems. The fact that humans walk upright, on two legs, puts a great amount of pressure on the spine and muscles that support it. Normal wear and tear, accidents, disease, bad "back habits," and unnecessary strain from overexertion at play or work (especially lifting, pushing, pulling and reaching for things improperly, and poor standing and sitting posture) can result in both immediate and long-term back problems.

Doctors of Chiropractic draw upon a wealth of knowledge, training and experience to treat and help prevent back pain and back injuries. Soothing and pain reducing spinal adjustments, stretching, massage, acupuncture and dry needling as well as therapeutic exercises are commonly utilized by Chiropractic Physicians to provide relief and return function to an ailing back. The Chiropractor of today offers a comprehensive and natural approach to treating back pain and limitations.

A Chiropractor trained in rehabilitation can best determine a prescribed treatment of care for your condition. If you suffer from back pain, consider an expert chiropractic evaluation today at Chiro25,Ltd to see if we can get you BACK on the road to a healthy back!

For **Help** with your **pain** and **activity limitations**, consider **Chiro25** today.

This information is to educate and inform, and is not a substitute for the advice of a licensed health care provider. Seek prompt attention for any specific health issue, or before starting an exercise and/or diet program.

Stop by today or visit our website at www.MyChiro25.com for more practice info.

Michael S. Smith DC, DACRB, CCEP, CSCS

Affordable, Convenient, & Prompt