

**OLYMPIA CHIROPRACTIC & PHYSICAL THERAPY NEWSLETTER**

# **ADJUSTING PERSPECTIVES**

**YOUR PATH TO WELLNESS WITH  
OLYMPIA CHIROPRACTIC & PHYSICAL THERAPY**



**Get back in the game  
with chiropractic care!**

**Nagging sports injury taken  
you out of the game?**

**Pain and stiffness prohibiting  
you from keeping up with your  
children?**

**Feeling constantly tired or  
lacking energy making the  
idea of exercise unappealing?**

## **WE CAN HELP!**

**PLEASE TALK TO OUR CHIROPRACTORS AND PHYSICAL  
THERAPY TO GET YOU "BACK IN THE GAME"!**

**REFER US TO SOMEONE WHO COULD USE OUR HELP AS WELL!**

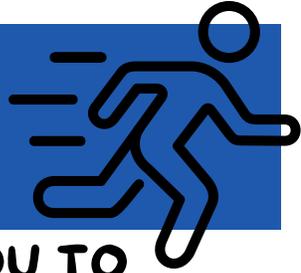
### **Topic of the Month ~Recovery & Performance**

**The Benefits of Chiropractic  
Care for Athletes:  
Improving Performance and  
Reducing Risk of Injury**



**CHIROPRACTIC CARE OFFERS A SAFE, EFFECTIVE  
WAY FOR ATHLETES TO ENHANCE THEIR  
PERFORMANCE, PREVENT INJURIES, AND SPEED  
UP RECOVERY TIMES. BY FOCUSING ON PROPER  
SPINAL AND EXTREMITY JOINT ALIGNMENT,  
MUSCLE BALANCE, AND NERVOUS SYSTEM  
FUNCTION, CHIROPRACTORS HELP ATHLETES  
BUILD MORE RESILIENT, FINELY TUNED BODIES**

# **HOW CHIROPRACTIC CARE CAN HELP YOU MAINTAIN AN ACTIVE LIFESTYLE**



**ROUTINE CHIROPRACTIC CARE CAN HELP YOU TO MAINTAIN AN ACTIVE LIFESTYLE BY ENSURING:**

- **COMPLETE RANGE OF MOTION, ENABLING YOU TO MOVE FREELY**
- **REDUCED MUSCLE SORENESS FOLLOWING YOUR PREFERRED ACTIVITY**
- **INCREASED MUSCLE STRENGTH**
- **LESS RISK OF INJURY DURING YOUR PREFERRED ACTIVITIES**
- **IMPROVING YOUR FLEXIBILITY AND FLUIDITY OF MOVEMENT**
- **MAXIMIZING YOUR PERFORMANCE (IN THE CASE OF PEOPLE WHO ARE CONCERNED ABOUT ATHLETIC PERFORMANCE)**
- **REDUCED RECOVERY TIME**
- **PROVIDING NATURAL PAIN AND STRESS RELIEF**

**PREVENTATIVE CHIROPRACTIC CARE, ALONGSIDE A HEALTHY DIET AND AN ACTIVE LIFESTYLE, IS ONE OF THE BEST WAYS TO MAINTAIN YOUR HEALTH AND QUALITY OF LIFE FOR YEARS TO COME.**

**Give us a Google Review! Staff favorite recipe to try!**



**HELP US TO SPREAD THE GIFT OF HEALTH AND WELLNESS TO OTHERS!**

**[CLICK HERE FOR THE RECIPE](#)**

RESEARCH THAT MATTERS:

Chiropractic care and physical therapy can help athletes of all levels recover from and prevent sports injuries, and optimize their physical well-being. It can help with:

- **Pain relief:** Treats the root cause of pain
- **Inflammation:** Reduces friction, pressure, and inflammation
- **Muscle tension:** Eases muscle tension and strain
- **Joint restrictions:** Removes joint restrictions and nerve interference
- **Range of motion:** Improves range of motion to help you return to normal activities faster
- **Muscle spasms:** Reduces muscle spasms to improve mobility and comfort
- **Healing:** Promotes healing by improving circulation and reducing scar tissue
- **Strength:** Regains mobility and strength to help you excel in your game

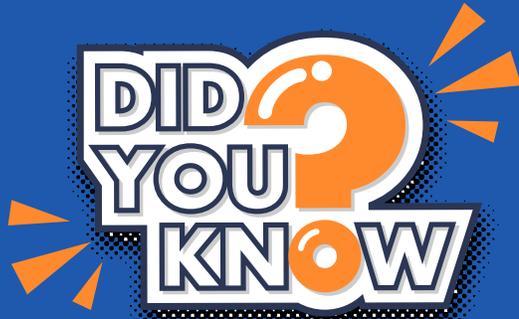


HOW DO YOU KNOW IF A SPINE  
FINDS YOU FUNNY?  
IT STARTS CRACKING UP!!

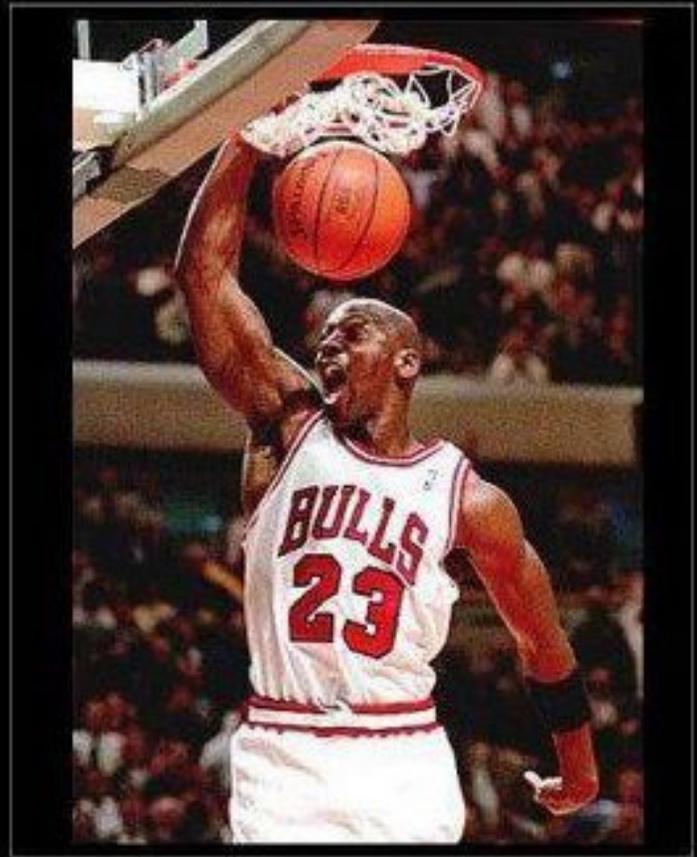


DID YOU KNOW THAT THE DOCTORS AT  
OLYMPIA WILL GIVE FREE LUNCH AND LEARN  
LECTURES AT YOUR PLACE OF WORK?!

CONTACT LISA AT  
LSHAW@OLYMPIACHIROANDPT.COM  
TO GET THIS SET UP WITH YOUR EMPLOYER TODAY!



ACCORDING TO  
DATA, 90% OF  
WORLD-CLASS  
ATHLETES USE  
CHIROPRACTIC  
CARE TO  
PREVENT INJURY  
AND BOOST  
PERFORMANCE.



## GET ADJUSTED

"I didn't know how much I could improve until I started seeing a chiropractor. Since I've been in chiropractic, I've improved by leaps and bounds both mentally and physically."

- Michael Jordan

JOIN US IN  
SUPPORTING THIS  
WONDERFUL  
FOUNDATION

JUSTIN WAS A  
PATIENT AND A  
FRIEND.....

**HARDY  
STRONG**  
foundation

CLICK ON THE HEART TO  
WATCH JUSTIN'S STORY



OLYMPIA WILL BE SUPPORTING HIS FOUNDATION ONCE AGAIN BY PARTICIPATING IN THE  
**AMAZING RACE** TAKING PLACE ON **AUGUST 3RD** AT  
MT ST MARY'S PARK IN ST CHARLES.  
**COME OUT AND SHOW YOUR SUPPORT!**



Meet our  
**Employees of the Month!**  
**NISHA PATEL**



**Job Title:** Physical Therapist Assistant

**Length of time at Olympia:** 4 years

**Favorite Food:** Tacos

**Favorite Movie:** no favorite movie; too many to choose from!!

**Pets:** no pets (other than the office Beta fish!)

**Fun facts:** I have been a Gymnastics Coach for 11 years!

HAPPY  
**FATHER'S DAY**

**WE WANT TO WISH ALL OF OUR DAD'S A HAPPY FATHER'S DAY FROM EVERYONE AT OLYMPIA AND A SPECIAL 1ST FATHER'S DAY TO DR FRANK!**



*we* ♥  
**OUR PATIENTS .....  
PLEASE PASS ON THE  
GIFT OF HEALTH BY  
SHARING THIS  
NEWLETTER WITH THOSE  
YOU FEEL COULD BENEFIT  
FROM OUR CARE!**



## FROM OUR PHYSICAL THERAPY DEPARTMENT:

**BEFORE A WORKOUT IT IS GOOD TO FOCUS ON MORE DYNAMIC MOVEMENTS TO GET THE BODY WARMED UP AND THEN FOLLOW THE WORKOUT BY STATIC STRETCHING. SOME EXAMPLES OF STRETCHES TO DO PRIOR TO A WORKOUT, INCLUDING RUNNING OR ANY SPORT/ACTIVITY INCLUDE:**

**ARM CIRCLES** – STAND WITH ARMS EXTENDED TO THE SIDES. MAKE SMALL CIRCLES, GRADUALLY INCREASING SIZE. DO 20-30 SECONDS EACH WAY

**TRUNK ROTATIONS** – STAND WITH FEET SHOULDER-WIDTH APART, HANDS ON HIPS. ROTATE TORSO LEFT AND RIGHT. DO 10-15 REPS/SIDE

**SIDE/FORWARD LUNGE STRETCH** – STEP TO THE SIDE, BEND KNEE, LOWER HIPS, THEN RETURN. SWITCH SIDES. FORWARD LUNGE: STEP FORWARD, BEND BOTH KNEES, LOWER HIPS. RETURN. SWITCH LEGS.

**LEG SWINGS** – STAND NEXT TO A WALL FOR SUPPORT. SWING LEG FORWARD/BACKWARD, THEN SIDE-TO-SIDE. DO 10-15 SWINGS/LEG.

**BUTT KICKS** – STAND WITH FEET SHOULDER-WIDTH APART. JOG IN PLACE, BRINGING HEELS TO GLUTES. DO FOR 30-60 SECONDS.

**HIGH KNEES** – STAND WITH FEET SHOULDER-WIDTH APART. JOG IN PLACE, LIFTING KNEES HIGH. DO FOR 30-60 SECONDS.

**KNEE TO CHEST STRETCH** – LIE ON YOUR BACK. PULL ONE KNEE TO CHEST, HOLD 20-30 SECONDS. SWITCH LEGS.

