

Top Ten Reasons You Need Maintenance Care

1. A motor vehicle accident causing whiplash or other injury.
2. Cell phone usage or sitting behind a computer day after day.
3. Emotional stress, trauma, depression, illness or anxiety.
4. Poor posture habits or an improper sleeping position.
5. Not getting enough exercise or carrying too much body weight.
6. Incorrect lifting practices or improper carrying of heavy loads.
7. A slip, fall or sports injury at any age can damage the spine.
8. Lack of sufficient sleep, excessive workload and exhaustion.
9. Using the same body position or movement repetitively and for long periods of time.
10. Children often fall while learning to walk or at play causing damage during the critical growing years.

Keep your back in alignment.

Get adjusted monthly!