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Susquehanna Spine & Rehab

Chiropractic, Physical Therapy & Wellness

August 2008

STADIUM BLANKETS

JUST A REMINDER THAT WE ARE GIVING AWAY FREE FLEECE STADIUM BLANKETS FOR EVERY NEW REFERRAL. SO TELL A FRIEND AND BE REWARDED FOR HELPING THEM LEAD A HEALTHIER, PAIN FREE LIFE.

BACK TO WORK
AS SUMMER COMES TO AN END, IT'S BACK TO THE GRIND. WE WILL BE THEREFORE CHANGING OUR OFFICE HOURS BACK TO THE "REAL SCHEDULE."

Monday:

9-1 & 3-6

Tuesday:

9-1 & 3-6

Wednesday:

9-1 & 3-6

Thursday:

3-7

Friday:

9-1

Dry Needling Now Done In Office

Many of you have now heard that we are offering dry needling, here's a little more: By definition, Dry Needling denotes the insertion of a needle into a myofascial trigger point associated with a hypersensitive palpable module in a taut band. This procedure is used when a patient presents with myofascial or musculoskeletal pain. The procedure consists of piercing a trigger point with a fine, thin gage (25 gage or smaller) needle. In 1979, Dr. Karel Lewit reported his stunning success with a large number of patients with musculoskeletal pain by employing nothing more than what is described as "dry needling." Myofascial pain syndromes are regional, painful muscle



conditions with a direct relationship between specific trigger points and their associated pain region. They are commonly seen in both acute and chronic pain conditions. It has been said that myofascial trigger points are the most commonly missed diagnosis in chronic pain patients. Some examples are tennis/golfer's elbow, shoulder pain, headaches, back

pain, hip pain, TMJ pain, plantar fasciitis, achilles tendonitis, frozen shoulder chondromalacia patellae, headaches, myofascial pain syndrome (MPS), Fibromyalgia, chronic fatigue and any other pain and injury where the muscle is the primary contributor. Dry needling is akin to acupuncture, but focus more on muscle pain than eastern philosophies.

Condition Of the Week



Are your kid giving them a hunch back? Bring in this email by Sept 15 to get 10% off chiropractic approved AirPack back packs.



It's Party Time



As a way of saying thank you to all of our great patients we are throwing a Patient Appreciation Day party! Every patient who attends will receive a free gift. So dust off those party hats and com help us celebrate

Where: The Office

When: September 27th

What to Expect: Good food, good company, good times and FREE adjustments!!

10% OFF AIRPACKS