

Decompress from the Holidays



Not to toot my own horn, but we have a DVR (tivo) at home, so I rarely watch commercials. However, my parents still live in 1995, so while I was at home over Christmas, I got to see more than my fair share. One I saw was from Nationwide insurance, about how life comes at you fast, and does it ever. I think some of us may have had too much holiday cheer. Life affects our body and our health. We are here to not just help you feel better, but to restore and maintain your optimum function.

new services. We started with dry needling, an acupuncture style technique to treat muscle pain. Shortly after, we became a preferred supplier of Tempurpedic beds. Towards the close of the year we here all tried and



began supplying Novolife cleanse and de-tox weight loss system, along with Doctor's Weight Loss Solutions. These doctor supervised products available exclusively through our office, help you train your body how to get the weight off, and keep it off; making you look and feel healthier.

We are also adding spinal decompression to the practice.

Spinal decompression is a proven therapy for treating disc disorders of the spine. Spinal decompression successfully treats herniated discs, degenerative disc disease, bulging discs, sciatica and pinched nerves that don't respond to drugs, surgery or even traditional chiropractic care.

More on all of these can be found on our website:
www.susquespine.com

And the best part of all: the hoodies are back! From now until supplies run out, every time you refer a friend or family member for their complimentary consultation, you'll get your FREE fleece hoodie (even if you're not already a patient yourself)!

If you've been putting your health off for the holidays or hoping the pain will just go away (it won't) give us a call today!

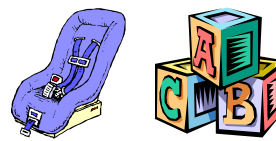
Now that the hustle and bustle of the holidays are over, it's time to get back to the real world, and we here at Susquehanna Spine & Rehab are thrilled to get the New Year started! We have made some exciting changes in the office to better help you reach your health care needs.

Starting last fall we began adding



New Feature

Kidz Korner



The importance of a good vehicle booster seat can not be stressed enough. We all take great care in choosing the right booster seat for our kids. Whether the correct booster seat for your child is \$100 or \$1,000 if it is not correctly anchored into the car or your child is not secured correctly into it then it is worth nothing. Booster seats are designed to raise the child up so that your car's lap and shoulder belts fit your child properly.

Boosters do not come with harness straps b/c they are to be used with your cars safety belts. It is important that the safety belts fit correctly. Here are some important reminders.

- The lap belt lies low and snug across your child's upper thighs.
- The shoulder belt crosses the middle of your child's chest and shoulder.
- The safety belt should never

be twisted.

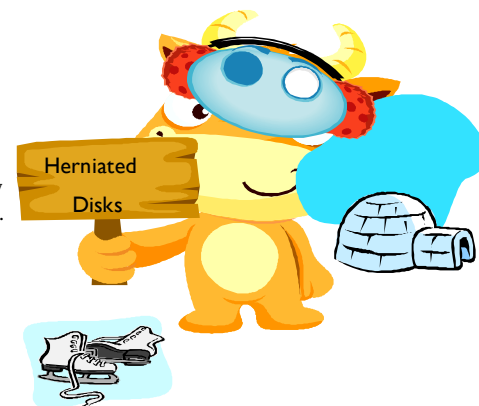
- Booster seats must be used with a lap and shoulder belt. (never a lap only belt.)

If you have any questions or concerns about your car seat or its installation please call Wendy Lee, certified car seat technician.

443-512-0025

Condition Of the Week

Spinal disc herniation, incorrectly called a slipped disk is a medical condition affecting the spine in which a tear in the outer fibrous ring of an intervertebral disc allows the soft central portion to bulge out.



Help spread the gift by forwarding this Newsletter to all your family and friends!