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www.susquespine.com

March 20, 2009

You Can Be Back and Better Than Ever Too!

I'm back from my vacation and had a great trip. Hopefully soon I will have pictures posted on our Facebook page (Susquehanna Spine N Rehab). Now it's time to get back to work. And with Spring just a few days away, it's perfect timing. Spring is a time of renewal and re-birth. If you've been wanting a new you, now is the time. Want

to lose weight? Get healthy? Feel better? Be pain-free? Look and feel younger? Sleep better?

Whatever New Years Resolution wagon you fell off of, now is the time to get back on; and we're here to help. We have not only hours and hours of training and know-how; but we have incorporated the absolute latest and greatest

systems to get you where you want. From our breakthrough Doctor's Weight Loss Solutions (proven to get the weight off fast and keep it off) to our new state-of-the-art spinal decompression unit for treating spine and disc pain, even if other therapy and surgery has failed. For more, see our website:

susquespine.com

Dates to Remember

March 20

Vernal Equinox (1st day of Spring!)

April 12

Easter

Our office will be closed on:

April 10th

Good Friday

Condition Of the Week

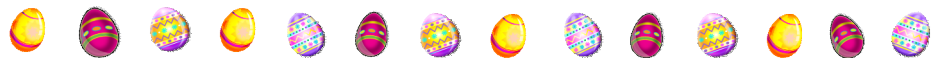


severe, there may be numbness, muscular weakness, and difficulty moving or controlling the leg. Typically, the symptoms are only felt on one side of the body.

Although sciatica is a relatively common form of low and leg pain, the true meaning of the term is often misunderstood. Sciatica is a set of symptoms rather than a diagnosis for what is irritating the root of the nerve.

Pain in the Butt?!

Sciatica is a set of symptoms including pain that may be caused by general compression and/or irritation of one of five nerve roots that make up the sciatic nerve, or by compression or irritation of the sciatic nerve itself. Pain is felt in the lower back, buttock, and/or various parts of the leg and foot. In addition to pain, which is sometimes



and enough width for the toes to wiggle.

- Get your children's feet measured every time you buy them shoes. When their feet are being measured, children should stand and place their full weight on their feet.
- Check the fit of the shoes and feel the inside of the shoe for rough spots, glue, staples

and other things that can cause foot irritation.

- For girls who want a high heel or platform shoe, choose a 1- to 2-inch chunky heel on shoes that have padded insoles and toe wiggle room. Limit the amount of time children wear such shoes. They should be alternated

with flat-heeled shoes for part of the day.

- Never pass down shoes from child to child. When passing down footwear you will also be passing down gems and bacteria.
- Always make sure your children have shoes on when they go outside!

March is Better Sleep Month

To help we are offering all of our sleep products at

10% off

through April 15th.

This includes Tempurpedic beds, pillows & our natural sleep aids.

Kidz



Spring is in the air so that mean its time your children are going to want to go play outside. Before you let them go out to play make sure that they have the appropriate shoes. Here are some things to keep in mind when buying new shoes for your kids.

- - Shoes should be soft and pliable with enough length in the toe box for growth