

The Quickest And Easiest Way To Make Your Back Pain Return *With A Vengeance!*

From: Dr. Kurt Adams, D.C.
May, 24th 2011

Re: What someone with back pain should NEVER do.

Dear Patients and Friends,

There is one thing no one wants: To go through all the time, effort and expense of finally getting rid of your back pain... and then... to do something stupid that puts you in excruciating pain again.

At this particular time of year, there is one thing many back sufferers do that flares up old back pain and even causes brand new aches and pains.

What is it?

It's simple: Most people slow down in the winter. They go outside less, exercise less and basically live a more sedentary life "hanging out on the couch."

Maybe you've been a little less active this past winter and spent some quality time with your couch too?

If you have, no one can blame you. It's difficult to find motivation in the winter!

But that's what leads to the big mistake. Most people get their first breath of spring air and go a little crazy. They do 6 hours of gardening. Go for a long bike ride. Jog a few miles. Or walk across town.

Your body is not used to this type of activity... and BAM!... before you know it, you're stuck on the floor in pain.

But avoiding activity is NOT the answer. Not even close. So what is the answer?

The best thing you can do to avoid this problem is to have a complete Chiropractic check-up as soon as possible. (**see our special incentive below!**)

This will help you in two very important ways:

First, we can find any small problems that developed during your "couch days" and fix them before they become major ones. This way, starting activity again will be much safer.

And second, we will remind you not to over do it!!!

Simply getting a complete Chiropractic check-up can go a long way to help you avoid suffering with back pain again when you don't have to.

So, if you are getting the spring itch to start up some new activities, please give us a call at (502) 875-1127 and schedule an appointment. We will get you in ASAP.

An ounce of prevention is worth a pond of cure. And an ounce of prevention is also much cheaper and feels better, too!!!!

I look forward to seeing you soon!

Sincerely,

Dr. D. Kurt Adams, D.C.,CCSP