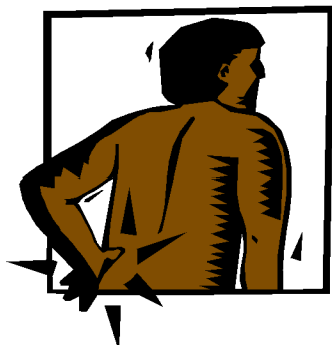


# Back Talk

## Cunningham Chiropractic PC

210 Bridge St., E. Syracuse, NY 13057

445-9941



### Beating Back Pain

Back pain is miserable. We're all vulnerable to low back stresses and strains as a result of our everyday activities.

Our work may require us to position our bodies in awkward positions for long periods of time. Computer operators, artists, office workers and truck drivers sit most of the day resulting in increased low back stress. Delivery people, mail carriers and laborers stress their backs by carrying large loads, twisting, lifting, and bending a lot.

While quitting your job may not be the answer, correcting the spinal misalignments caused by stresses and strains is. Chiropractors are trained to locate your problem and can give you relief by correcting the misalignment in your spine. Relieving tight muscles and improving your body mechanics will enable you to live your life pain free.

### What is an Adjustment

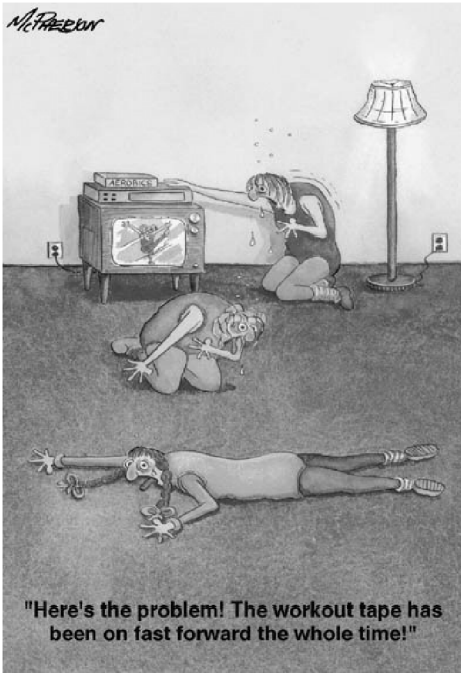
An "adjustment" is performed by a doctor of chiropractic to correct the misalignments of the spine often caused by injuries, traumas or normal daily activities. These misalignments can cause painful nerve irritations and an increased susceptibility to disease.

A chiropractic adjustment is performed, following a thorough examination to determine precisely the cause of pain and to help restore normal spinal function.

With specialized training, the doctor of chiropractic gently realigns (adjusts) the bones of the body that pinch on the nerves. When the pressure is relieved your body can begin to rebuild and heal itself naturally.

**STOP IN AND VISIT OUR NEW OFFICE  
ACROSS THE STREET FROM BJ's PLAZA**

# Back Page



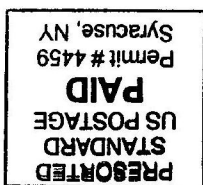
## Add Years to Your Life

Maintaining good health can add years to your life! A healthy diet, proper exercise and an active social life enhances your life. The common sense approach to health today is preventing sickness and disability in order to maintain an independent and active lifestyle. Healthcare systems in the past treated patients *after* they became sick- We now know that adding years to your life means taking care of yourself when you're well.

Chiropractic's philosophy has always been the *wellness* approach to health-no drugs, no surgery-just safe care that enhances your life. Add years to your life, practice the wellness approach to good health!

*"You can't help getting older but you don't have to get old."* George Burns

Current resident or



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