

SMITH & PRISSEL CHIROPRACTIC

829 W. CLAIREMONT AVE
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HEALTH AT YOUR FINGERTIPS February 2009



Foot Levelers February Special!!

Are you experiencing low back pain?
Do your knees hurt on a consistent basis?
Could your posture be causing you pain?



February 16th (2:30-6:30pm), 18th (2:30-5:30pm), and 20th (8:00-10:15am) we are offering **FREE FOOT SCANS and POSTURE ANALYSIS** to see if your feet and posture could be contributing to your health problems. Be sure to join us and enter our drawing. This event is open to the public so bring your friends and family.



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YOUR HIPS

Your hips balance your entire spine. Conversely your spine balances your hips. If your spine has subluxations (misalignments causing nerve interference) your hips can be thrown off balance.

Similarly, if your hips are misaligned your spine will suffer. Sometimes you can easily see this as you watch people walk. For example, does one foot (or both feet) appear to flare outward or inward? While this can be a sign of spinal pressure coming from





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