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Miller Chiropractic Newsletter

April

2017

April showers bring May flowers, and they also bring weather-related aches and pains. As the temperature (finally!) warms and we head to the outdoors, there are steps you can take to keep your body well-adjusted. We're not fooling about the importance of proper preparation for physical activity after a long, sedentary winter. Dr. Miller can discuss the steps you can take to enjoy springtime in Wisconsin during your next visit, so call today to schedule an appointment.

When you do get sore, we have the perfect hot/cold pack at **special prices Wednesday, March 1**, and keep reading to determine if you should use heat or cold and when.

Pay a visit to the [Miller Chiropractic Facebook Page](#), like us if you haven't, check back for special deals and useful information.

Hot or Cold?

Even stretching and proper prep doesn't mean you will always avoid aches and pain associated with a new flurry of physical activity or one ill-advised lunging or twisting motion.

When your body tells you it needs help, which is best, heat or cold?

As a general rule, cold is best to use when an injury is acute, typically within the first 48 hours. Such injuries are characterized by swelling and moderate to severe pain. Cold application removes the chemical irritant by dissipating the inflammatory cells. It also temporarily numbs the pain receptors, breaking the pain-spasm cycle and providing relief.

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OFFICE HOURS

Monday & Wednesday
8:15 a.m. - 6:00 p.m.

Tuesday
12:00 p.m. - 2:00 p.m.

Thursday
12:00 p.m. - 5:30 p.m.

Friday
8:15 a.m. - 5:30 p.m.

Relief that only Dr. Miller can Provide

Dr. Miller has been successfully treating several patients for symptoms of vertigo using a method that can result in dramatic improvement - or even complete elimination - of symptoms; it's called the Canalith Repositioning Procedure (CRP).

Dr. Miller is the **ONLY** certified CRP provider in the

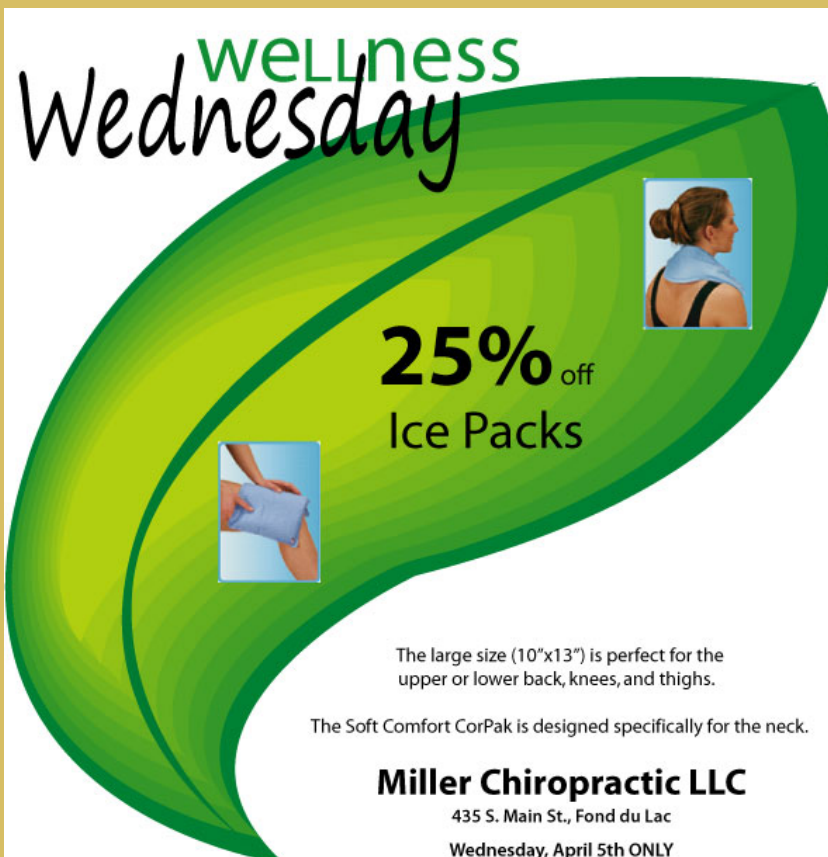
Heat is best used only when an injury is chronic (old) and swelling is minimal. Moist heat is preferred; a warm washcloth or a hot water bottle works well. Never use a wet cloth with an electric heating pad!

Pain is a signal from your body that something is wrong. Call the office as soon as possible to accurately assess the cause of the pain, determine the best treatment and to help you get back on the road to health. rapped in a moist towel. NEVER use moisture with an electric heating pad. Cold or heat should only be used as a first-aid measure.

Miller Chiropractic offers two products for relief therapy. Biofreeze is great to throw in a purse or pack (or keep in the car) for relieving pain through cold therapy when an icepack is not available. The Soft Comfort CorePack can be chilled in the freezer or warmed in the microwave to provide some temporary relief of aches and pains. Both are available in the office; just ask during your next visit. (See below for special Corepack pricing April 1 only)



Miller Chiropractic
435 South Main
Fond du Lac, WI, 54935
920-933-3536

No Fooling, Wellness Wednesday Special Deal



wellness
Wednesday

25% off
Ice Packs



The large size (10"x13") is perfect for the upper or lower back, knees, and thighs.

The Soft Comfort CorPak is designed specifically for the neck.

Miller Chiropractic LLC
435 S. Main St., Fond du Lac
Wednesday, April 5th ONLY

Keep the "Spring" in Your Physical Activities

You wouldn't run a marathon without proper preparation, and the same is true for even the most modest physical activity after a long, cold, idle winter. Yard work, "spring cleaning," or any other physical activity - indoors or outside - requires some preventative steps to get your body ready.

Incorporate some form of stretching into your daily activity. This can even be done [IN BED](#), before you get up in the morning; you're already there and it doesn't require special work-out clothes!

The internet has myriad [stretching exercises](#), so finding one that is right for you should be easy enough. When you find something you like, Dr. Miller will be happy to discuss the pros and cons for your specific needs.



Don't wait for an injury to make an appointment for an adjustment, but instead consider a pre-activity body tune-up. A well-adjusted body will endure the rigors of spring activity better than just jumping in unprepared. While it won't necessarily prevent those aches and pains associated with physical activity, it could reduce the severity and longevity. If you are already experiencing some pain, make an appointment today for treatment.

Stay well-adjusted and don't forget to call the office for your next appointment.

920-933-3536