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Helping you
to live your life
well-adjusted...



Miller Chiropractic Newsletter

June

2016

It's June and summer activities are busting out all over! One of the best community events anywhere - Walleye Weekend - is a "homecoming" of sorts for many, Father's Day is just around the corner and, of course, high school graduations and wedding celebrations abound. How's your month shaping up?

What is your favorite summer event and why? Share it on the [Miller Chiropractic Facebook page](#).

Don't forget to make an appointment so that you can stay well-adjusted for the official start of summer!

The Gift of Health for Dad or Grad

Rather than another tie or bathrobe, why not get your Dad a Father's Day gift that he can truly USE, or a gift that will be truly unique and remembered by a graduate or wedding couple?

Miller Chiropractic offers an array of helpful choices to fit a variety of budgets, from a Sitback Mesh Backrest for a desk chair to a Tens 3000 portable version of the interferential electro-therapy device in our office.

Neck pain or headaches? A Tri-Core Pillow would be perfect for Dad, or your newly minted graduate heading off to college in

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OFFICE HOURS

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

Tuesday
By Appointment

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).

Athletes with injuries or anyone seeking solutions to headaches, back pain, carpal

the fall.

Stop by the office to see these and other fine gift ideas or to pick-up a gift certificate for Dad's or grad's next adjustment.



Check out our [Great Gift Ideas](#), or stop in the office to see them firsthand.

tunnel syndrome, shin splints, shoulder pain, sciatica, plantar fasciitis, knee problems and tennis elbow find great relief from Active Release Technique, or ART.

Dr. Miller is the **ONLY** Master Certified ART provider and the only certified CRP provider in the Fox Valley

Tips for Attending Summer Events

Walleye Weekend, county fairs, music festivals; there is just so much to do in Wisconsin in the summer. Be aware of your chiropractic health while doing it.

Just like mother used to say, "wear sensible shoes!" While those 4-inch heels or sassy new sandals are highly stylish, they're not very practical for outdoor events where a lot of walking is involved.

Don't forget sunscreen! A hat or visor is also helpful to keep sun from your face. If you wear a backpack, it should ride high on your back, straps tight.

Be sure to drink plenty of water while working or playing outdoors. Consider getting an adjustment **BEFORE** your outdoor activity as an ounce of prevention.

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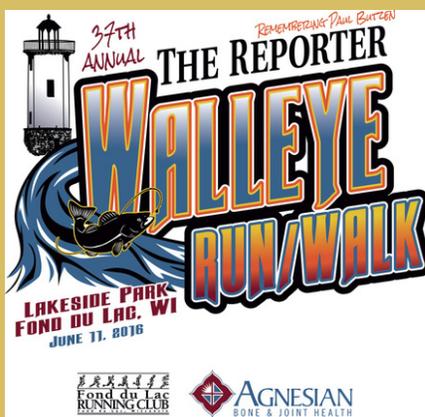
Walleye Run

As a proud sponsor of the [Fond du Lac Running Club](#), we want to suggest a fun, healthy family activity to kickoff your Walleye Weekend revelry. The Reporter Run/Walk on Saturday, June 11 benefits FDL Running Club and offers a category for every level of runner of all ages.

A 2, 3, and 5 mile run are open to all ages, with shorter events aimed at kids six years old and younger, seven to nine year olds, and a 10-12 year old category as well. A 3 mile Family Walk is also featured for the less competitive among us.

While you can sign-up the day of the event, advanced registration is encouraged and you can [register on-line here](#). Don't forget to stretch appropriately before and especially after running and consider a pre-race adjustment to tune-up your body and make the most of your day.

Just think how much more you'll be able to eat at Walleye Weekend by burning off some calories first!



The Psoas and Back Pain

While on the subject of walking and running it is fitting to discuss their relevance to easing back pain.

At some point in North America, 85% of the population will experience back pain. A major contributing factor to this is the sedentary lifestyle many of us lead, specifically, the amount of time we spend sitting.

Sitting increases pressure on the spinal discs, leading to gradual disc deterioration and abnormal spinal function. Sitting also shortens and deconditions and important muscle in the low back and pelvis called the psoas (pronounced "so-as").

As the primary hip flexor, the psoas is one of the strongest muscles in the body as is almost always psoas muscle involved to some degree in cases of back pain. Prolonged sitting, compounded over months and years, can have a negative effect on the psoas.

Correct rehabilitation of the psoas - through treatment and stretching - is vital to regaining back health and avoiding long-term pain and disability. Dr. Miller can show you proper stretching technique for the psoas during your next appointment.

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

920-933-3536