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Miller Chiropractic Newsletter

May

2017

Let's keep our eyes peeled for all of the May flowers that should be blooming from our April showers. Spring arrives seriously this month and with it outdoor activities of all varieties, especially children's' sports. Adults and children alike need to stretch before strenuous activities.

May means Mother's Day, and the start of the wedding and graduation season. Want a gift that really means something? A gift that can provide hours of relief to someone you love? Check out our [Great Gift Ideas](#) on the [Miller Chiropractic Facebook page](#), or stop in the office to see them firsthand along with our Wellness Wednesday Special of the month (see below).

For your appointment planning purposes, Dr. Kay will be Celebrating Memorial Day with her family from **May 26 - 30**, but will resume appointments on May 31. **The office will be open for other business** on both Friday, May 26 and Tuesday May 30; and if you stop by, be sure to wish Vicki a Happy Third Anniversary with the Miller Chiropractic family.

May Wellness Wednesday: Bands & Balls

In This Issue

Bands & Balls

"P"Postural Awareness Month".

Get Ready for Kids Sports

Quick Links

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www.well-adjusted.biz

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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

wellness Wednesday

25% off

Small & Large
Fitness Balls

10% off
Therabands



Therabands have consecutive loops allowing for multiple exercise options. Bands allow you to combine upper & lower body exercises with resistance easily. The Valeo Body Ball builds and strengthens core muscles in a creative and enjoyable way.

Miller Chiropractic LLC

435 S. Main St., Fond du Lac

Wednesday, May 3rd ONLY

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

May is "Postural Awareness Month"



Incorrect posture plays havoc with our spines. Discs become compressed and irritated, spinal joints don't function normally, while muscles and ligaments become unbalanced and unable to work properly.

Correct posture is more than just sitting or standing up straight. Fortunately, most postural problems can be improved with appropriate treatment and home exercises available from Dr. Miller.

The earlier postural faults are detected, the easier they are to resolve. For this reason, regular postural check-ups are recommended for all children. But don't leave yourself out of the mix, because we're never too old for good posture, and the benefits are enormous.

Children, Sports and Spines

Spring brings the start of youth sports, from soccer

and baseball to camp and park programs. To help avoid injury, it is vital to have your child's spine and musculoskeletal system checked before the season begins.

While a child is growing, their spine is subjected to a "normal" variety of childhood stresses: bumps, twists, falls and jolts. These seemingly harmless incidents may subtly affect delicate spinal structures and lead to injury now or later in life.

Ensuring that your child has a healthy, optimally-functioning spine with good muscle balance is an important first step in preventing sports injury. It can also help the body perform at its best by enhancing flexibility, strength, efficiency and coordination. Good spine and muscle health may not only help guard against short-term injury and prevent more difficult problems later in life, but may also improve athletic performance.



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

920-933-3536