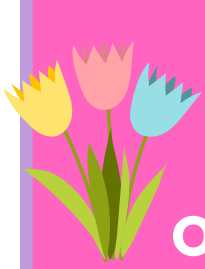


**OLYMPIA CHIROPRACTIC & PHYSICAL THERAPY NEWSLETTER**

# **ADJUSTING PERSPECTIVES**

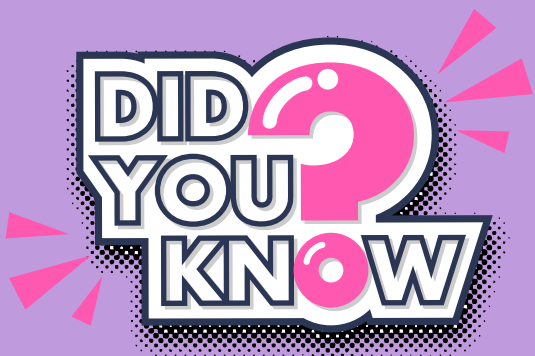
**YOUR PATH TO WELLNESS WITH  
OLYMPIA CHIROPRACTIC & PHYSICAL THERAPY**



- **Is back pain holding you back from doing what you love?**
- **Are you tired of reaching for pain meds just to get through the day?**
- **How would your life change if you could move without pain?**

## **WE CAN HELP!**

**LET'S CHANGE THAT—SCHEDULE YOUR CHIROPRACTIC  
EVALUATION TODAY!**



**DID YOU KNOW THAT THE DOCTORS AT  
OLYMPIA WILL GIVE FREE  
LUNCH AND LEARN LECTURES AND  
POSTURE SCREENINGS AT  
YOUR PLACE OF WORK?!**

**CONTACT LISA AT  
[LSHAW@OLYMPIACHIROANDPT.COM](mailto:LSHAW@OLYMPIACHIROANDPT.COM)  
TO GET THIS SET UP WITH YOUR EMPLOYER TODAY!**



**RESEARCH THAT MATTERS:**

**Combining Chiropractic & Physical Therapy:**

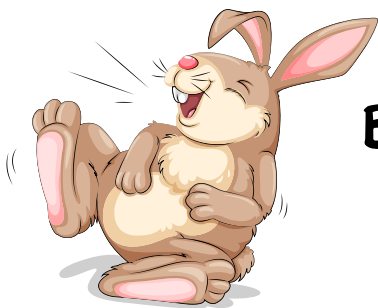
**COMBINING CHIROPRACTIC CARE AND PHYSICAL THERAPY FOR BACK PAIN OFFERS A COMPREHENSIVE APPROACH, WITH CHIROPRACTORS FOCUSING ON SPINAL ALIGNMENT AND PHYSICAL THERAPISTS ADDRESSING MUSCLE STRENGTH AND FLEXIBILITY, POTENTIALLY LEADING TO FASTER PAIN RELIEF AND IMPROVED FUNCTION.**

**SYNERGISTIC BENEFITS:**

**\*BY COMBINING THESE APPROACHES, INDIVIDUALS CAN EXPERIENCE FASTER PAIN RELIEF AND IMPROVED OVERALL FUNCTION.**

**\*CHIROPRACTIC ADJUSTMENTS CAN HELP IMPROVE SPINAL ALIGNMENT AND REDUCE NERVE INTERFERENCE, CREATING AN ENVIRONMENT CONDUCIVE TO HEALING.**

**\*PHYSICAL THERAPY THEN BUILDS UPON THIS FOUNDATION BY STRENGTHENING SUPPORTING MUSCLES, IMPROVING FLEXIBILITY, AND RESTORING PROPER MOVEMENT PATTERNS.**



**WHAT IS THE EASTER  
BUNNY'S FAVORITE SPORT?**

**"BASKET" BALL!!**



**Give us a Google Review!**



**HELP US TO SPREAD THE GIFT OF  
HEALTH AND WELLNESS TO OTHERS!**

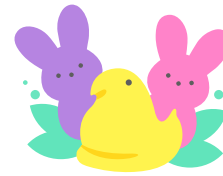
**Healthy recipe to try!**

**CUTE EASTER  
DEVILED EGGS!**



*Yum!*

**CLICK ON PICTURE FOR THE RECIPE**



## **BAD DISC GOT YOU DOWN?**

**IF YOU'RE EXPERIENCING BACK OR NECK PAIN THAT RADIATES TO YOUR ARMS OR LEGS, NUMBNESS, TINGLING, OR MUSCLE WEAKNESS—THESE COULD BE SIGNS OF A HERNIATED OR BULGING DISC.**

**AT OLYMPIA CHIROPRACTIC AND PHYSICAL THERAPY, WE SPECIALIZE IN NON-SURGICAL, DRUG-FREE SOLUTIONS TO HELP RELIEVE PAIN AND IMPROVE FUNCTION BY FOCUSING ON SPINAL ALIGNMENT AND NERVE HEALTH.**

### **COMMON SIGNS OF DISC ISSUES:**

- **LOCALIZED PAIN IN THE NECK OR LOWER BACK**
- **RADIATING PAIN DOWN ARMS OR LEGS (SCIATICA)**
- **NUMBNESS OR TINGLING IN THE LIMBS**
- **MUSCLE WEAKNESS OR COORDINATION ISSUES**
- **PAIN WITH BENDING, LIFTING, OR SITTING**



### **HOW CHIROPRACTIC & PHYSICAL THERAPY CAN HELP:**

- **✓ RELIEVES PAIN THROUGH SPINAL ADJUSTMENTS THAT REDUCE PRESSURE ON NERVES**
- **✓ IMPROVES MOBILITY WITH PHYSICAL THERAPY EXERCISES THAT STRENGTHEN MUSCLES AND ENHANCE FLEXIBILITY**
- **✓ RESTORES FUNCTION WITH TARGETED STRETCHES, POSTURAL CORRECTION, AND ERGONOMIC TRAINING**
- **✓ HOLISTIC CARE THAT MAY INCLUDE LIFESTYLE CHANGES, NUTRITIONAL ADVICE, AND HOME EXERCISES TO ACCELERATE RECOVERY**
- **✓ NO SURGERY OR MEDICATIONS NEEDED—FOCUS ON NATURAL HEALING**

**THROUGH A COMBINATION OF CHIROPRACTIC ADJUSTMENTS, PHYSICAL THERAPY, AND PERSONALIZED TREATMENT PLANS, WE HELP PATIENTS REDUCE PAIN, REGAIN THEIR MOBILITY, AND PREVENT FUTURE INJURIES.**

**DON'T LET DISC PAIN LIMIT YOUR LIFE. RELIEF IS POSSIBLE—AND WE'RE HERE TO GUIDE YOU THROUGH EVERY STEP OF THE RECOVERY PROCESS!**

# *Did You Know?*

**EVERY DAY  
ACROSS  
AMERICA, ONE  
MILLION  
CHIROPRACTIC  
ADJUSTMENTS  
ARE  
PERFORMED**




**COME "SHOOT" FOR HEALTH  
WITH US!**

**PLAY MARCH MADNESS  
WITH OLYMPIA!!**

**SCORE BIG WITH YOUR HEALTH & WIN  
AMAZING PRIZES! JOIN OUR MARCH  
MADNESS CHALLENGE AND EARN RAFFLE  
ENTRIES FOR A CHANCE TO WIN! THE MORE  
YOU PARTICIPATE, THE BETTER YOUR  
CHANCES!**

**PRIZES & DRAWING INFO**

 **GRAND PRIZE: \$200 GIFT CARD**

**OTHER PRIZES:**

**GIFT CARDS, FREE SWAG,  
& MORE!**

**FINAL DRAWING: APRIL 11TH**



## **HOW TO EARN ENTRIES:**

- ✓ **REFER A NEW PATIENT – 3 ENTRIES (WEEK 3 BONUS: 6 ENTRIES!)**
- ✓ **LEAVE A GOOGLE REVIEW – 2 ENTRIES**
- ✓ **CHECK-IN ON FACEBOOK/INSTAGRAM AT THE CLINIC – 1 ENTRY PER VISIT**
- ✓ **POST A SELFIE WITH STAFF & TAG OLYMPIA – 2 ENTRIES**
- ✓ **SCORE IN THE HOOPS FOR HEALTH CHALLENGE – 1 ENTRY PER SHOT**
- ✓ **COMPLETE ALL ACTIVITIES – BONUS 5 ENTRIES!**

**GET IN THE GAME WITH US AND WIN!**





APRIL 2025

Get to know our **Employee!**  
**TURBOLD BADRAL**



**Job Title:** Physical Therapy Tech

**Would love to travel to:** UAE

**Favorite sports team:** Chicago Bears

**Favorite part of your job:** Helping people move and feel better!

**If you could have any Superpower, what would it be and why:** Flight - so I could go anywhere I want whenever I want!

**IN OFFICE WORKSHOPS!**

**JOIN US EVERY MONTH IN THESE FREE EDUCATIONAL TALKS AIMED TO IMPROVE YOUR HEALTH! BRING YOUR FAMILY AND FRIENDS!**

**HERE IS OUR UPCOMING CALENDAR:**

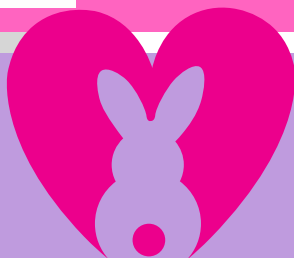


**FRIDAY APRIL 25TH 12:00 PM**  
**NEW PATIENT ORIENTATION**

**WEDNESDAY MAY 14<sup>TH</sup> 7:00 PM**  
**HOW TO MEET YOUR SUMMER**  
**BODY GOALS WORKSHOP**  
**\*\*\*STOP IN OR CALL TO SIGN UP!**



**WE**



**OUR PATIENTS .....**



**PLEASE PASS ON THE GIFT OF HEALTH BY SHARING THIS NEWLETTER WITH THOSE YOU FEEL COULD BENEFIT FROM OUR CARE!**

**ASK US ABOUT A SPECIAL CONSULTATION CARD FOR YOU TO GIVE TO THEM!**



## **FROM OUR PHYSICAL THERAPY DEPARTMENT:**



### **WHY EXERCISE IS IMPORTANT FOR A HEALTHY BACK:**

**BACK PAIN IS INCREDIBLY COMMON — BUT YOU DON'T HAVE TO LIVE WITH IT. CHIROPRACTIC CARE, PHYSICAL THERAPY AND TARGETED EXERCISE OFFER A POWERFUL, NON-INVASIVE WAY TO PREVENT AND RELIEVE PAIN BY RESTORING FUNCTION AND STRENGTHENING THE BODY.**

### **MOVE BETTER, FEEL BETTER**

**PHYSICAL THERAPY HELPS BY IMPROVING BOTH MOBILITY AND STABILITY OF YOUR SPINE. HERE'S HOW:**

**SPINAL MOBILITY** RESTRICTED MOVEMENT LEADS TO COMPENSATION AND PAIN. PT USES STRETCHES AND MOBILIZATION TO RESTORE NATURAL SPINAL MOTION.  
**CORE & MUSCLE STRENGTH** WEAK CORE OR BACK MUSCLES CAN OVERLOAD THE SPINE. YOUR PT WILL GUIDE YOU THROUGH EXERCISES TO STRENGTHEN YOUR CORE, GLUTES, AND HIPS TO SUPPORT YOUR BACK DURING EVERYDAY ACTIVITY.  
**STABILITY & CONTROL** STABILITY EXERCISES TRAIN YOUR MUSCLES TO PROTECT AND ALIGN THE SPINE, ESPECIALLY DURING MOVEMENT — REDUCING YOUR RISK OF INJURY.

**POSTURE CORRECTION** POOR POSTURE FROM SITTING OR SCREEN USE STRAINS YOUR BACK. PHYSICAL THERAPISTS IDENTIFY IMBALANCES AND HELP CORRECT THEM TO REDUCE PAIN AND TENSION.

### **EXERCISE IS MEDICINE**

**STRETCHING IMPROVES FLEXIBILITY**

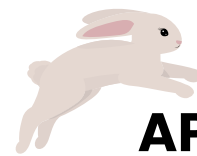
**STRENGTH TRAINING BUILDS RESILIENCE**

**AEROBIC ACTIVITY BOOSTS CIRCULATION**

**POSTURAL TRAINING PREVENTS FUTURE ISSUES**

**EVEN IF YOU'RE IN PAIN NOW, THE RIGHT PLAN CAN HELP YOU  
MOVE BETTER AND HEAL FASTER.**

**PHYSICAL THERAPY OFFERS A PERSONALIZED, NATURAL APPROACH TO BACK PAIN. WITH EXPERT GUIDANCE, CONSISTENT MOVEMENT, AND BETTER POSTURE, YOU CAN GET BACK TO DOING WHAT YOU LOVE — PAIN-FREE.**

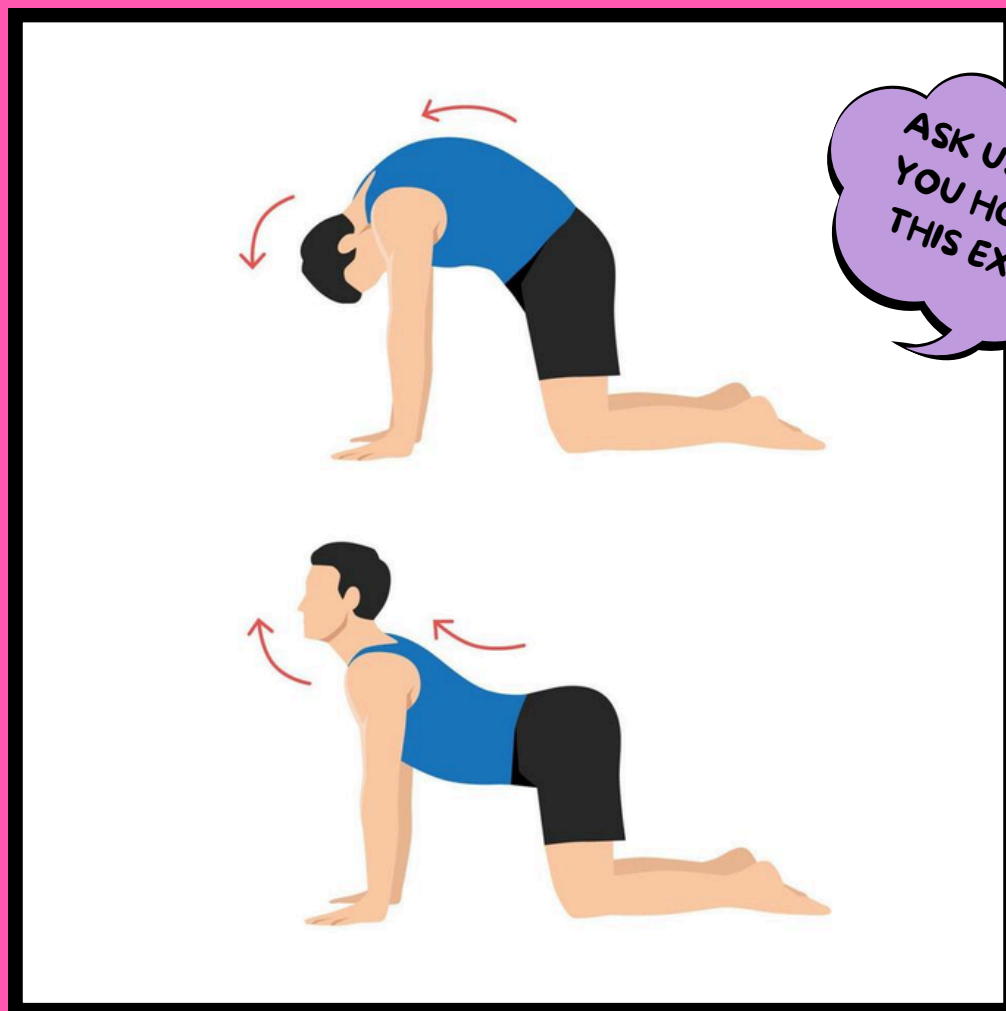


## EXERCISE ESSENTIALS-TO HELP YOUR BACK:

**A GOOD STRETCH FOR YOUR BACK IS:**

### **CAT - CAMEL**

**THERE ARE A LOT OF GOOD STRETCHES FOR LOWER BACK PAIN! BELOW IS A STRETCH THAT WILL TARGET THE ENTIRE SPINE- NECK TO LOWER BACK. IT IS CALLED THE CAT-CAMEL OR CAT-COW.**



**TO PERFORM THE STRETCH: START ON YOUR HANDS AND KNEES WITH HANDS UNDER SHOULDERS AND KNEES UNDER HIPS, THEN INHALE, ARCH YOUR BACK, LIFT YOUR CHEST AND HEAD, AND EXHALE, ROUND YOUR SPINE, TUCK YOUR CHIN, AND DRAW YOUR BELLY BUTTON IN**