



April 2026 Issue

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(402) 614-5677

## Renovations

Currently we are doing a remodel of the office which hasn't been done for over 10 years. I love doing projects myself and my perfectionist personality comes out when working on things. It is the same mentality that I use when evaluating each person for their adjustment. I need everything to be perfect and in its "place" per say.

Sometimes we need a renovation of our spine and for many people, that is when they start their care. They have symptoms of headaches, back pain, or radiating pain that won't go away or keep coming back frequently. This person does a smart thing and seeks out a chiropractor. We develop a plan and a timeline for the renovation and during the process things can get messy or disorganized. Then after some work and dedication, there is a brand-new space that feels great to use.

This most common type of project also starts with looking into a provider. Most people seek out advice or want to know someone they have used before. I encourage you to let others know about your chiropractor so they can enjoy the same benefits you do.

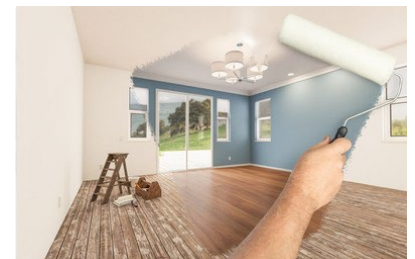
What about the person who has a house that is well taken care of and everything is working well, they just need a refresh of their space. Throughout your care it is great to get a refresh. Maybe something new happened or it has been 3-5 years

since your last x-ray eval. Either way getting a new evaluation helps keep your care on track.

If you had something new happen, please make sure you share that info with us so we can accurately decide if we need a new x-ray or exam. Most of the time the new x-ray isn't needed unless the event is very serious, but we always want to error on the safe side.

If you haven't had an x-ray in the past 3-5 years those are very important also. We want to have information on how your spine is aging so we can adapt your care throughout your lifetime. We will all age and break down over time, but if we properly maintain care, we can keep things from aging too fast. This is especially important for high stress areas in the spine like the lower neck or lower back. These areas commonly get over stressed either from desk work or sitting for too long.

While we are partnering together for our lifetime we will go through different stages in our renovation and we want to communicate throughout the process. When the opportunity arises share your encounter with others so they can enjoy the great chiropractic care you have. Finally, please excuse any upcoming mess as we update the space and if you want to see pictures along the way follow us on Facebook for updates.



Contact Kunz Chiropractic to make an appointment

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<https://www.kunzchiropractic.com>

# GIVING BACK CAMPAIGN

This month's recipient of our giving back campaign is Habitat for Humanity which is a favorite of Leeanna E and Ro S.

During the month of April all new patients will receive a full exam and any x-rays needed for \$60. All the proceeds will be donated to Habitat for Humanity. Please help spread the word so we can raise as much as possible.



Habitat for Humanity is a movement of people in your local area and around the world, working together to build more prosperous and vibrant communities by making sure everyone has a decent, safe, affordable place to call home.



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Government funded insurance carriers not included.

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