



February 2026 Issue

Newsletter published monthly by Kunz Chiropractic

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Chiropractic

This past weekend I was coaching a club volleyball tournament and after the tournament was over, my assistant coach and I went to the Tap House. She made a comment about my chiropractic office located there and I shared



with her that sometimes I still can't believe I have my own business. Even after being in business since 2006 and going to celebrate 20 years I am still amazed at what Danielle and I have

accomplished. We are very grateful to be able to serve the people we serve for so many years.

Utilizing chiropractic as part of your health routine produces results that continue to grow the longer you are in care. The main focus of chiropractic care is seeking out areas of subluxation. The subluxated areas in the spine are areas that have moved out of place far enough to cause some nervous system dysfunction. After some time, those areas begin to produce varying symptoms.

The most common causes of subluxations are stressors in our daily life. Emotional stress,

sleeping positions, posture, lack of exercise, and many other factors. This is why in the beginning of care the visits are more frequent so we can overcome and retrain the spine.

Usually, it takes 24-48 hours for an adjustment to take full effect! The great thing about chiropractic care is when you receive an adjustment it feels instant. You know that something changed, but after the instant feeling the real work begins inside. The nervous system starts to get more balanced and over the 24-48 hours function improves. This is also why I usually recommend an every other day type schedule to start depending on each situation.

What about the rest of the body, does Dr. Kunz adjust other joints? He definitely does. The adjustments in the spine are just the beginning and keeping our other joints in proper alignment helps them withstand the daily stress placed upon them. Sometimes the adjustments are done by hand, and some are with the adjusting instrument. Over my 20 years being in practice I have developed a simple approach that produces good results. The joints we're talking about can be shoulders, knees, ankles, and the jaw just to name a few.

I encourage all of you to stay close to your adjusting schedule as it will pay dividends as time goes on. Thank you again for being part of our chiropractic family and go ahead and tell your friends about us.

Contact Kunz Chiropractic to make an appointment

(402) 614-5677

<https://www.kunzchiropractic.com>

GIVING BACK CAMPAIGN

This month's recipient of our giving back campaign is Wheels 4 Warriors which is a favorite of Mike N.

During the month of February all new patients will receive a full exam and any x-rays needed for \$60. All the proceeds will be donated to Wheels 4 Warriors. Please help spread the word!

Government funded insurance carriers not included.



What started as a simple idea among friends has blossomed into the first-ever nonprofit in the United States focusing on both motorcycles and veterans. Wheels 4 Warriors USA is not just about providing a completely free motorcycle; it's about fostering camaraderie, offering support, and instilling a sense of service in each of our veteran recipients.

As a 100% 501(c)3 veteran nonprofit, we are currently rolling out mentorship programs across the country, changing the lives of veterans "two wheels at a time."

Please consider leaving a review for Kunz Chiropractic by scanning the QR code. Reviews help us keep our business near the top in search engines which allows us to help more people experience Kunz Chiropractic. We really appreciate your help!

