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Maintenance is Key

About 2 years ago I finally found an old truck worth purchasing and keeping reliable. She, Elizabeth (the name my wife would never let me use on our second child), is a blue 1977 Ford F-250. No computers or fancy stuff just a good old



work truck ready to be driven. I used to work on my vehicles when I was younger and so when I decided to get

a truck, I wanted one that I could maintain. She is not that different from the average age of the patients that come into our office, or my age for that matter, so I like to think she has plenty of life left!

The easy maintenance of changing the oil, air filter, washing, and tuning the carburetor must be done on a regular basis which makes Elizabeth very happy. Then there is more involved maintenance of changing the transmission fluid, valve cover gaskets, and balancing the tires that need to be completed less often. Just like a vehicle getting up there in age, how you maintain your body in the beginning, middle, and late life will usually determine how “reliable” it will be.

The person who believes that maintenance is key will do some type of actions to maintain

themselves even when there is no large issue present. This person wants their body to function at a higher level more consistently. This means they must do actions regularly like getting adjusted, exercise, and eating with purpose. These are the easy maintenance items similar to changing the oil, filters or washing your vehicle.

I currently get adjusted once a week at my chiropractor. Sometimes I have symptoms and sometimes I don’t, but I try to stick to the schedule as much as I can. I think my chiropractor likes it the most because I go to his office which makes it very convenient for him to get his adjustment as well. The most common maintenance schedule for people in my office is every other week. I have found in my 20 years of experience that appointments every other week allow most people to respond better to stress while maintaining higher levels of function and mobility.

I have seen thousands of x-rays over my time and at least half of them have issues that we can’t turn back the clock on. The damage has been done and now the maintenance is extremely key to prevent further deterioration and maintain motion. This is also the main reason to tell your family and friends about chiropractic care. We can’t prevent or stop the aging process, but we want to get the most out of our spine and chiropractic is a very large key in making that happen.

GIVING BACK CAMPAIGN

This month's recipient of our giving back campaign is Partnership 4 Kids which is a favorite of Tricia L.

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

Government funded insurance carriers not included.



P4K is a youth development nonprofit with over three decades of experience providing [college-bound mentoring](#) and [goal-setting programs](#) to Omaha's youth. We cultivate the community's next generation of leaders through academic support, postsecondary exploration, and career readiness.

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