

**This Month HealthyWays Wellness is  
focusing on Children's Health!**



## **FREE SPINAL SCREENING**

**Schedule a complimentary screening, open  
to all students, now through September  
30<sup>th</sup> 2023**

**(724) 444-6644**

# YOUR BODY ON TEXT

Overuse injuries and disorders linked to cellphone use are increasingly common, according to some health experts.

## HEAD

Cervicogenic headaches are caused by neck tension.

## LUNGS

Slumping forward reduces lung capacity up to 30%.

## BACK

Poor posture leads to abnormal spine curvature, herniated discs, muscular imbalance, and back pain.

## ARMS

Excessively bending the elbow can lead to a **weakening of the ulnar nerve** that runs from the forearm through the hand.



## EYES

Blue light from digital devices is linked to **eye strain, long-term vision problems, and sleep disturbances.**

## NECK

Bending the neck at 60 degrees puts **60 pounds of pressure on the neck**, equivalent to carrying an eight-year-old boy.

## HANDS AND WRISTS

**Tendinitis a.k.a "Texter's Thumb."** Throbbing pain in the thumb of the dominant hand and/or stiffness in the wrist and forearm.

Have you ever thought about the effects that frequent use on cell phones and computers have on your child's physical mechanics?

*HealthyWays has and we can help alleviate the problems that could arise!*

# Chiropractic Care Health Benefits





With School back in session, keep an eye on what your children are having to carry back and forth to school and keep in mind these valuable pointers

# KIDS BACKPACK SAFETY



Tips to help you and your child make smart choices about selecting, packing, lifting, and wearing a backpack.

**WEAR BACKPACK ON BOTH SHOULDERS**



Carry **books in arms** if the backpack is too heavy.

Tighten shoulder straps so the backpack hangs at the waist. Backpack should **not hang more than 4 inches** below the waistline.



Backpacks should be **10% or less** of your child's weight.



Use chest straps to help distribute weight evenly.



Place heavier, larger books closer to the body with the smaller items furthest away.



Choose a backpack made of **lightweight material**.



Choose a backpack with wide padded shoulder straps, a padded back, and a waist strap.

Well-adjusted kids  
**GROW WELL &**  

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**STAY WELL**

**FREE SPINAL SCREENING**  
this month at  
Healthyways

There are many benefits to your child athlete's health from chiropractic.

HealthyWays Wellness wants to keep your child at the top of their game with great health!

# CHIROPRACTIC *for* ATHLETES

It is estimated that 90% of all world-class athletes routinely use chiropractic care to prevent injuries and boost their performance.

Common benefits include:

ENHANCED  
**STRENGTH &  
PERFORMANCE**

FASTER  
**REACTION TIME**

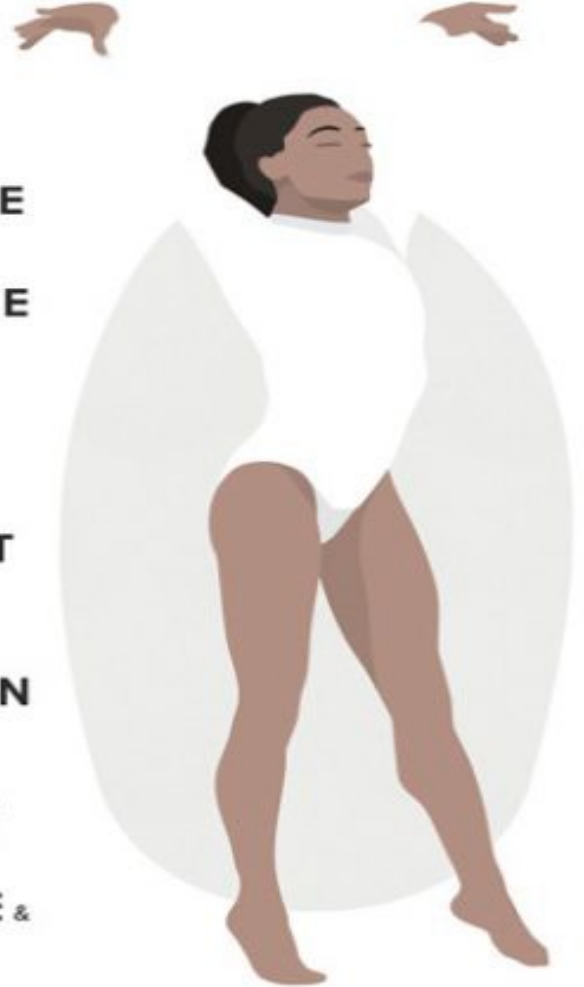
QUICKER  
**RECOVERY**

BETTER  
**MUSCLE  
RECRUITMENT**

IMPROVED  
**BALANCE &  
COORDINATION**

INJURY  
**TREATMENT &  
PREVENTION**

**NON-INVASIVE &  
DRUG-FREE**



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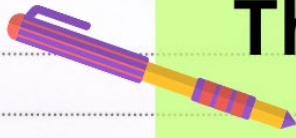









## Welcome New Patients

Dana B.	Kaylee C.
Thomas N.	Tina M.
Martina S.	Holli L.
April R.	Bradyn M.
Michelle G.	Stefanija M.
Joshua S.	Bob B.
Norman S.	Renee Z.
Bill G.	Jason M.



## Thank You for your Referrals

Sheri W.	Kelsey G.
Craig W.	Nicole S.
Angelina S.	Gina M.
Carrienne F.	Oscar S.
Ralph S.	Kristen P.
Michelle G.	Tina M.



# September Patient of the Month

Maria S.

Congratulations! We are pleased to present Maria with a gift certificate to our office as well as a restaurant gift card to thank her for being exemplary patients. Look for your name here in coming months!

THANK YOU TO EVERYONE WHO PARTICIPATED  
IN PATIENT APPRECIATION WEEK

**Congrats to Ralph S. who  
WON the Corn Hole Game on  
Patient Appreciation Day!**

Thank you for all  
your donations to



**OPERATION TROOP  
APPRECIATION**

**Together we raised  
over \$1000**

*Congratulations!*

**Carrienne F.**

*She won the*

**BLACKSTONE GRIDDLE**

*for her new  
patient referral*



SEPTEMBER PRODUCT OF THE MONTH

# AIRMAXX

*only*  
\$39.95

- Supports proper respiratory function
- Contains ingredients to maintain histamine levels within normal ranges
- Supports healthy balanced immune system function and contains potent antioxidants
- Support for itchy eyes, skin and nose
- Support for runny or stuffy nose
- Support for red, splotchy skin
- Support for discomfort associated with respiratory dysfunction or skin irritation

STRAWBERRY

FLAVOR!

