



Get Relief and Get Well... Getting You Back to What Matters Most!!!

# Allied Chiropractic, P.A.

Website: [www.alliedchiropractic.com](http://www.alliedchiropractic.com); We are now on Facebook!!!

## The AC Insider

### Snow Shoveling Breaking Your Back?

What a winter so far!!! At one point already this season, the Twin Cities area had received two-thirds of their annual snow fall... with the St. Cloud area probably not too far behind. With all the fallen snow comes shoveling the white stuff. Many of us are finding muscles and parts of our body that are sore as can be from shoveling. We all need a refresher in proper shoveling, so here are some tips:

- Own a lightweight shovel. The snow itself is heavy enough, right?
- for more tips, go <http://www.spineuniverse.com/wellness/ergonomics/tips-snow-shoveling-how-avoid-back-pain>

### Cost-Effectiveness of Chiropractic

In the ever-growing debate on rising healthcare costs, chiropractic can easily be lost in the debate. However, in the latest publication in the Journal of Manipulative Physiological Therapeutics (JMPT), chiropractic care and its cost effectiveness in treating common low back condition was studied. Chiropractic was compared to medical doctor (MD) and osteopathic doctors (DO) within an insurance companies network. In short, it was found that Chiropractic was 40% less expensive than care initiated with MDs and DOs. For more info on the study, go to: [http://www.jmptonline.org/article/S0161-475428\(10\)00216-2/abstract](http://www.jmptonline.org/article/S0161-475428(10)00216-2/abstract)

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### Newsletter Spotlight

- Shovel use
- Chiropractic Cost-Effectiveness
- AC Happenings
- Winner of our December drawing
- Quote of the Month

## What's Happening at Allied Chiropractic, P.A. in January?!

- **Happy New Year** from all of us at Allied Chiropractic!! We hope 2011 brings you much health and prosperity.
- **Our January Drawing:** Enter your name in our drawing at each appointment this month's for a chance to win a gas gift card.
- **WE ARE NOW ON FACEBOOK!!** - Find us, like us, and watch for updates about the clinic, tips, and health related stories... *tell your friends too!!!*
- **December G.C. Drawing** — Congrats to *Josie J.!!!* She won a grocery gift card for bringing in items for our donation boxes. Thanks to all those who participated!!
- **January Quote of the Month:** "To succeed in life, you need three things: a wishbone, a backbone and a funny-bone." - **Reba McEntire**
- **Someone you know looking for greater health?** Refer them to Allied Chiropractic, PA!! **We Are Your Teammate in Health!!**

