



Meet Dr. Teal

Dr. Teal Tritapoe is licensed supervising chiropractor with physical therapy privileges. She has been practicing at Allegany Chiropractic Center since August of 2011. She is a 2003 graduate of Frankfort High School. She then attended West Virginia University and received a bachelor's degree in Exercise Physiology. After undergraduate she attended National University of Health Sciences in Lombard, IL. She accepted an internship in St. Petersburg, FL in 2010. She then received her Doctorate of Chiropractic in April of 2011 from National University of Health Sciences.

Contact Us:

301-777-0110
www.alleganychiropractic.com

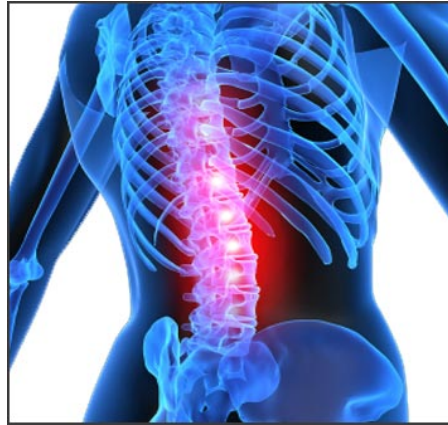
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Cumberland, MD
21502

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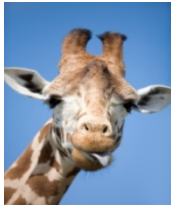
Your Health Matters to Us

Back pain is the 2nd most common reason for visits to the doctor's office, outnumbered only by upper-respiratory infections. In fact, some experts say, as many as 80% of us will experience a back problem in our lifetime according to the ACA.



If you experience back pain, consult your doctor of chiropractic. More than 30 million Americans sought chiropractic care last year alone. Past studies have indicated that consumers are very happy with the chiropractic care they receive.

Allegany Chiropractic Center



Did you know that giraffes and humans have the same number of bones in their neck? The magic number is 7!



Can't get enough of our newsletters? Check out our website for a full archive of every edition!



Stretch of the Month: Knee to Chest

Pulling the knees to the chest will provide a stretch for the lower back and reduce pain and pressure.

Medical terminology can be a very useful tool in describing specific medical conditions; however, it can be rather frustrating if you are not familiar with it. We want to ensure that our patients fully understand our medical "lingo". In efforts to do this, we are going to review some common chiropractic terminologies over the next few months in our newsletters. We are always available for questions and if you have specific terminology questions in regards to conditions or treatments please let us know. Follow the link below for any inquires! You will find a red "Contact Us Today" box.

<http://www.alleganychiropractic.com/index.php>

Spinal terminology:

Cervical- Region of the neck

Thoracic- Mid-back area

Lumbar- Lower back

Sacral- triangular bone at bottom of the spine

Coccyx-AKA tailbone

Our Doctors

**Dr. Audie Klingler
&
Dr. Teal Tritapoe**

Vertebra- the bones of the spine

Disc- the cushioning between the bones of the spine

Plantar-the underside of the foot also known as the sole

Carpals- bones of the wrist