

Meet Dr. Klingler

Dr. Audie Klingler is a Cumberland native who has been in private practice at Allegany Chiropractic Center since 1978. He is licensed in both Maryland and Florida with all privileges. He is a graduate from Allegany High School and Allegany Community College. He received both a Bachelors in Science and a Doctorate of Chiropractic degree from National University of Health Sciences in Lombard, IL. For an appointment with Dr. Klingler call 301-777-0110.



Contact Us:

301-777-0110
alleganychiropractic.com

203 Greene Street
Cumberland MD
21502
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Wellness Essentials



The Keys to a Healthier YOU!

Good health is defined differently by everyone but in general we can agree that it includes pain-free mobility without disease or injury. Chiropractic treatments target the ability for joints, most commonly the spine, to move

CHIROPRACTIC CARE FOR THE ENTIRE FAMILY!

<p>SERVICES:</p> <ul style="list-style-type: none"> - CHIROPRACTIC - MASSAGE THERAPY - DIGITAL X-RAY FACILITY - THERAPEUTIC EXERCISES - LAB PROCEDURE REFERRALS - NUTRITIONAL COUNSELING 	<p>TREATMENT OF:</p> <ul style="list-style-type: none"> - WORKERS' COMPENSATION INJURIES - AUTO OR PERSONAL INJURIES - SPORTS INJURIES - LOW BACK AND LEG PAIN - NECK, ARM AND SHOULDER PAIN - HEADACHES - ARTHRITIS RELATED PROBLEMS - KNEE, ANKLE AND FOOT PROBLEMS - TENSION RELATED ISSUES AND MORE 	<p>PARTICIPATING WITH:</p> <ul style="list-style-type: none"> - BLUE CROSS BLUE SHIELD, PPO & EPO - OPTUM HEALTH - MEDICARE PARTICIPATING PROVIDER - WESTERN MD HEALTH SYSTEM PLAN - UNITED HEALTHCARE - ONENET - MOST MAJOR INSURANCES
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ALLEGANY CHIROPRACTIC CENTER
DR. AUDIE G. KLINGLER, DC ~ DR. TEAL TRITAPOE, DC
24 HOUR ANSWERING SERVICE ~ (301) 777-0110
www.ALLEGANYCHIROPRACTIC.COM
203 GREENE STREET, CUMBERLAND MD 21502

freely and bear weight without discomfort. The adjustments are known to release waste gases from the joint capsule thus providing room for the lubricating synovial fluid. This fluid bathes the joint and allows it to move unrestricted.

Allegany Chiropractic Center



Thinning of the intervertebral discs in the spine can lead to painful conditions like arthritis, stenosis and muscle atrophy.



Chiropractic treatment not only reduces pain but relaxation is a documented benefit.

Stretch of the Month: Bruegger's Position

Bruegger's Relief Position



Bruegger's Position Explained: This position is a multi-faceted tool toward spinal health. It can be considered a relaxation position, spinal endurance exercise, posture trainer and stretch. To attempt Bruegger's position you first must sit on a chair and scoot out to edge. Feet should be hip width apart. Sitting up straight, pull your abdomen in and brace the core. Next, drop your arms to the side with the thumbs rotated outward. Lastly, pinch the shoulder blades together and push the shoulders down away from the ears. Hold for 15 seconds while breathing deeply and slowly. Ahhh, RELAX.

Posture is the position in which we hold our bodies while standing, sitting, or lying down. Good **posture** is the correct alignment of body parts supported by the right amount of muscle tension against gravity. Proper **posture** is encouraged with chiropractic treatment.

Our Doctors

Dr. Audie Klingler, DC
&
Dr. Teal Tritapoe, DC

Be sure to check out our "Articles" section from the Allegany Chiropractic website for detailed information about treatable conditions as well as specific chiropractic protocols.

www.alleganychiropractic.com