



Wellness Essentials

Merry Christmas!!

Monthly Employee Spotlight: Julie

Julie has been a team member of Allegany Chiropractic Center since 2015.

She has been a registered Chiropractic Assistant since the beginning of her career in our office and has also been trained in front desk and insurance tasks.

She is a devoted member of our staff and willing to lend a helping hand where she is needed. Julie is typically one of the first to arrive and last to leave.

In her free time, she enjoys spending time with her two cats, Elmo and Pepper.

I cannot believe Christmas is almost here again. I feel like each year this thought crosses my mind and it seems to go faster with each subsequent year. I also believe it is important to slow down this time of year and really take time to be mindful of the things we are thankful for. Life has a way of flying by but if



we do not take the time to take care of ourselves in the hustle and bustle we will pay for it both mentally and physically! If you need help unwinding during this beautiful season, give us a call and allow us to help work the tension out! We offer chiropractic and massage therapy.

Allegany Chiropractic Center



Did you know Dr. Tritapoe was awarded Outstanding Young Professional this year? Congratulations!



Did you know that Dr. Klingler is celebrating 40 years in practice this year? Congratulations!

We find that many individuals are interested in ways to relax and feel they could benefit from chiropractic care, but they are apprehensive as they are unsure what to expect on their first visit. We will take a few moments to expand on what our office offers. Our chiropractic treatment plans are tailored for each patient based on complaint and examination but can include manipulations of the spine and extremities, ultrasound, electric stimulation, massage, manual therapy, cold laser, taping, therapeutic exercise and home stretching protocols. Give our office a call at 301-777-0110 for more information or to schedule an appointment with one of our knowledgeable and compassionate Doctors!

What is a chiropractic adjustment?-

The adjustment is a regulated force directed toward a particular part of the skeletal system that is in dysfunction. This force applied decreases movement restrictions and normalizes the neuromuscular systems aiding in pain reduction.

How many pairs of cranial nerves control the eyes?

- A. 0
- B. 1
- C. 2
- D. 4

*Answer at bottom of far left column.

What is cold laser therapy?-

It is the use of a laser product that does not heat up, cut or cauterize. The light emitted, known as photons, affects the body on the cellular level in the mitochondria to produce more ATP or energy. The cell then uses the extra energy to heal and stabilize the involved structure.

Contact Us:

301-777-0110
alleganychiropractic.com

203 Greene Street
Cumberland MD
21502

Volume 3, Issue 12
Dec 2018

*D.4