

Meet the Staff
Monthly
Highlight:

Jeannie

Jeannie has been a member of the Allegany Chiropractic Center staff and loyal employee since 1989. Jeannie is a registered chiropractic assistant and is committed to the field. She participates in continuing education courses to keep abreast all of the new information available. In addition to her duties as a chiropractic assistant, she is also a vital member of our billing department. In her free time, Jeannie enjoys a multitude of outdoor activities.



Contact Us:

301-777-0110
alleganychiropractic.com

203 Greene Street
Cumberland MD
21502

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Wellness Essentials

Painful knees? Time to hit the bike!

If you have ever suffered from knee pain you know how much it can prevent your normal activities. Joint pain can make it difficult to walk, kneel and flex the leg. Knee pain can be caused by many medical issues. One of the most common



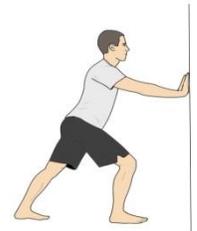
of these issues is osteoarthritis. This type of arthritis is the degenerative, wear and tear kind. The cartilage is thinned between the bones and no longer acts as protection to the joint. The bones on both sides of the joint begin to wear down and the

Allegany Chiropractic Center



Looking to shed unwanted pounds, give our ITG Diet Plan a shot. For details call our office at 301.777.0110.

The calf stretch depicted to the right is targeted to address the back side of the lower leg. This stretch is great for calf tightness and to loosen the muscle before and after walking and jogging activities. --->



**Stretch of the Month:
Gastrocnemius (Calf)**

Continued from above.

joint's normal lubrication is lost. This lubricating fluid is like the body's WD-40 and it has a hard time getting into degenerated or arthritic joints. There is one way to improve this; non-weight bearing movement. Biking is the best non-weight bearing activity for the knees. The repetitive pedaling motion forces the synovial or lubricating fluid into the joints allowing them to move more freely. Free moving joints, (even with arthritic changes) experience much less pain. So do your knees a favor this year and take the bike for a cruise outdoors or hit the cycle at the gym!

Medical Terminology:

Scoliosis: a lateral or to the side curve of the spine.

Lordosis: inward curvature of the spine found in the cervical and lumbar areas.

Kyphosis: outward curvature of the spine found in the thoracic area.

What is the ITG Diet Plan?

This new 3-step diet plan available at Allegany Chiropractic Center turns your body into a fat burning machine. By restricting carbohydrates, increasing protein and supplementing with specific nutrients; we can convince the body to burn stored fat as the primary

fuel source. Once your goal weight is achieved you will be coached through transitional weeks where carbohydrates are reintroduced to your diet in a healthy amount. The third step focuses on maintenance and eating healthy for a lifetime. We would be happy to help you hit your fitness goals!