

October News

Schofield chiropractic group

The Cedar Valley's most comprehensive chiropractic center for conservative pain management.



One & Done? Not in our expert opinion!

It's important to schedule follow up appointments with your chiropractor to prevent reinjury and maintain a healthy spine. Just like your car, house, and your relationships, your spine needs regular maintenance. Even when you're pain free, you may be in need of an adjustment to prevent pain from creeping up in the future. Research shows that once you have completed treatment for your initial injuries, proper adjustments over an extended period of time will help you continue to see improvement and remain pain free. Talk to your doctor about a long-term health care plan at your next visit!

Source: www.ncbi.nlm.nih.gov/pubmed/21245790

Doctor's Spotlight

We often think of pain as an on/off switch: "either I am in pain or I am not." If you are in pain, it is highly likely that even if you just started noticing it, it's the result of one or more areas of your body not functioning as they should over a period of time. Your spine's job is to protect the nervous system, attach to muscles for movement and strength, and allow for movement at the individual joint level.



DR. CONRAD BUSH

In other words, if your spine is doing its job allow for movement at the individual joint level. In other words, if your spine is doing its job right, we have good function. So what can cause a lack of function in the spine? Oftentimes, we see physical stress from doing the same activities over and over. This is often the case in physical jobs or with athletes, but the same can be said for jobs that keep us in one position over the course of the day. Have you ever felt stiff when you look over your shoulder in traffic? Or had to take a few minutes to stretch after getting up from sitting for a while? Maybe it's a "hard to describe" feeling of pressure or you have been feeling "off" for the last few weeks. Even if it is not painful these can be early signs that you will benefit from having your spine checked! Pain is often described as "the tip of the iceberg", "the straw that broke the camel's back", "reaching a tipping point". Get your spine checked regularly, especially before you begin to see symptoms, so you can keep your spine feeling and functioning its best.

Dr. Conrad Bush received his doctorate of chiropractic from Palmer College of Chiropractic in 2019. He has a passion for biomechanics, weight loss, and nonmanipulative therapies.

The Area's Most COMPREHENSIVE Chiropractic Clinic

Chose conservative care first! Our goal is to improve your health by reducing pain and illness. In a friendly and welcoming environment, we provide effective conservative care for pain management so you can achieve and maintain optimal health.

Our office offers a comprehensive list of therapies that include:

- Chiropractic Adjustments
- Anti-Gravity Treadmill (AlterG)
- Compression (NormaTecs)
- Corrective Exercises
- Custom Orthotics (Foot Levelers)
- Dry Needling
- Graston Technique
- Muscle Stimulation
- Pediatric & Prenatal Care
- Ultra Sound Therapy
- Adjoining Massage Therapy Clinic (Myo Massage)

SAVE THE DATE FootLevelers Day

NOVEMBER 9th

Special discounts on custom orthotics!

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