



Spinal Rehab RESEARCH



Bring more than a 'bit-o-luck' into your life...

Find out just why our Spinal Rehab Program works wonders for so many folks. You'll be writing limericks in no time!

Our Spinal Rehab program is the only one of its kind in Lane County. Please visit our website at back2strength.net for a listing of published research studies supporting the methods that we use.

~ Irish Blessing

*May your blessings outnumber
The shamrocks that grow,
And may trouble avoid you
Wherever you go.*

Nutritional Supplements - [Visit our online store at Back2Strength.net](http://Back2Strength.net)

In 2002, the **American Medical Association** made a landmark announcement that all adults should take vitamin supplements to help prevent chronic diseases. At *Back2Strength*, we offer a very select, very effective line of nutritional supplements, which are available only through a healthcare professional. **As our client, you can order directly from our website at back2strength.net.**

*Read all about our **product of the month** on the back page*

Client Spotlight

Diane Sandberg - Spinal Rehab Patient



I've had a long history of back and neck pain, and was no stranger to the chiropractor's office. As I aged, the pain got worse. A few years back, I found out that some discs in my neck and lower back were disintegrating, and arthritis was setting in. Surgery was considered, but I did not want to take that option.

I started seeing Dr. Gittins several years ago. He was very gentle and effective. He introduced me to Ed Collins and the Spinal Rehab program. Ed was able to pinpoint which muscles needed strengthening, and guided me safely through the program.

Today, at 68 years of age, I'm feeling so much better than I used to. I can do things that were impossible to do before, like: lift a slightly heavy box or raise my right arm above shoulder level.

When my family moved to a new home, I was able to lift lots of boxes without pain. To maintain my strength level, I continue my rehab every two to three weeks.

I'm very thankful to Back2Strength for greatly improving the quality of my life.

NOTE: Please visit our website at Back2Strength.net for a full listing of client testimonials.

Website TOOLS

At Back2Strength, we strive to provide our patients with healthful, holistic and more-than-effective remedies for all that can "ail" the body.

Our practice emphasizes the inherent recuperative powers of the body to heal itself without the use of drugs or surgery.

Additionally, we endeavor to update our website with the latest and most productive tools and information that may be of benefit to you.

This month, we have added some new stretches to our website that can be accessed from your home computer.

Please speak with one of the doctors before attempting any of these stretches.

How is What We Offer Different from Other Rehabilitation Methods?

- (1) Patients take responsibility for their own care.
- (2) Some discomfort is expected, at which point it is worked through. Our focus is to restore functional ability, in addition to obtaining pain relief.
- (3) We rely on objective measurements of strength, endurance and flexibility to gauge progress.
- (4) We incorporate specialized exercise equipment that provides resistance over a full, or selected, limited range of isolated lumbar motion.
- (5) We develop a strength curve to monitor and compare the patient's strength and range of motion to established norms.



~ Our Mission is to relieve pain, restore function and reduce the need for spinal surgery. ~

Product of the Month

Ligament Restore by Pure Encapsulations

This product combines glucosamine sulfate, collagen, amino acids, vitamin C and herbs for the maintenance of healthy tendons, ligaments and joints.

Ligament Restore enhances the natural repair processes of healthy connective tissue; protects cartilage from the effects of mechanical stress. Contains BioCell Collagen II®, a naturally occurring blend of hyaluronic acid (HA), chondroitin sulfate, glucosamine sulfate and amino acids to promote cartilage synthesis and joint integrity; supports joint function and comfort as suggested in a double blind placebo-controlled study.

Encourages collagen formation with L-lysine and L-proline, which are hydroxylated to form hydroxyproline and hydroxylysine, forming the "glue" that holds collagen together. Includes silica and vitamin C as cofactors for connective tissue matrix formation and repair. Maintains healthy eicosanoid metabolism with devil's claw and curcumin; supports joint flexibility, function and comfort. Helps recovery from strains and sprains or overall wear and tear. Best taken daily to maintain connective tissue resiliency.

four capsules contain:

glucosamine sulfate (crab, shrimp) 1,500 mg.
(from 2,000 mg of glucosamine sulfate 2KCl (sodium free))
hydrolyzed type II collagen complex† (chicken sternal cartilage) 400 mg.
providing (typical):
hydrolyzed type II collagen 60% 240 mg.
chondroitin sulfate 20% 80 mg.
hyaluronic acid 10 % 40 mg.
L-proline (free-form) 500 mg.
L-lysine HCl 500 mg.
ascorbic acid 200 mg.
silica (from Bambusa vulgaris (bamboo) extract (stem)) 15 mg.
devil's claw (Harpagophytum procumbens) extract (root) 100 mg.
(standardized to contain 5% harpagosides) (5 mg.)
Curcuma longa (turmeric) extract (root) 100 mg.
(standardized to contain 97% curcuminoids) (97 mg.)
vitamin C (ascorbyl palmitate) 40 mg.

FDA REQUIRED STATEMENT: Statements on this page have not been evaluated by the Food and Drug Administration. Products are not intended to diagnose, treat, cure, or prevent any disease.

To place an order: Go to back2strength.net