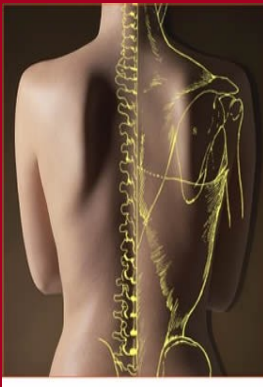




September 2011

# Latest News from Pine Lake Chiropractic Clinic

**Pine Lake Chiropractic**  
2908 228th Ave SE Suite C  
Sammamish WA 98075  
425-391-4095



## Refer a friend for Chiropractic and receive a free massage

1. YOU pick up a referral packet and present it to a friend, spouse or co-worker.
2. THEY call and schedule their appointment for a chiropractic exam.
3. YOU get a free 60 minute massage. Its as easy as that!

A referral from you is the greatest compliment  
our office can receive!

## Massage Schedule

Call to schedule today 425-391-4095

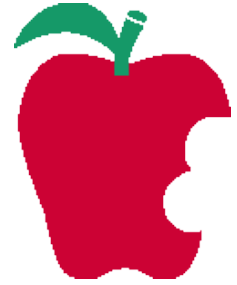
Monday	Tuesday	Wednesday	Friday	Saturday
Amanda	Amanda	Amanda	Cherie	Cherie
1:00 pm	9:00am	9:00am	9:00 am	9:00 am
2:15 pm	10:15am	10:15am	10:15 am	10:15 am
3:30 pm	11:30am	11:30am	11:30 am	11:30 am
4:45 pm	Cherie	Cherie	12:45 pm	12:45 pm
6:00 pm	1:45 pm	1:45 pm	2:00 pm	2:00 pm
	3:00 pm	3:00 pm	Amanda	Amanda
	4:15 pm	4:15 pm	4:00 pm	4:00 pm
	5:30 pm	5:30 pm	5:15 pm	5:15 pm
	6:45 pm	6:45 pm	6:30 pm	6:30 pm

### Did you know....?

Your body contains nine pints of blood that travel along 62,000 miles of blood vessels (they could go around the equator 2.5 times). The nerves from your spine control the size of the blood vessels that go to your internal organs. A subluxation that irritates your nerves can affect your blood vessels and cause internal organ malfunction.—Another reason to see your chiropractor.

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## Exercise Myth #1

Perhaps the most often repeated exercise myth is that stretching will help prevent injuries. The problem is that the way we stretch probably needs to change. Most of us learned stretches known as “Static Stretching”. Static stretching is where you stretch and hold; the best example of this is “Stand, knees straight, and touch your toes”.

At best, static stretches have been shown to produce no reduction in injury. More recent studies have shown that static stretching may be detrimental to athletic performance.

A better approach is “Dynamic Stretching”, where one stretches in motion. Examples of this include high knee jogging, walking lunges, and windmills with the arms. An article in the Journal of Strength and Conditioning Research found that professional soccer players who practiced dynamic stretching had better ranges of motion than those who used static stretching.

Static stretching probably has a place in injury rehabilitation, and Dr. Bahm may even recommend some static stretches as part of your chiropractic care, but before your next run or tennis match, reconsider how you approach your warm-up.

For more information see the link on our website: <http://www.cnn.com/2011/HEALTH/06/24/exercise.myths.trainers/index.html?iref=storysearch>