

SPINE HEALTH NEWSLETTER - JANUARY 2011

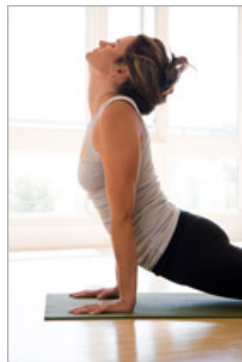
BROUGHT TO YOU BY: WM. BRIAN KARABINOS, DC

NEW YEAR'S RESOLUTIONS FOR BACK PAIN RELIEF

The New Year is a good time to get reinvigorated about your treatment choices for back pain. For those of you with ongoing back pain, it's a great time to shake things up and perhaps try some new treatments, exercises or self care options. If you're new to back pain, now is a great opportunity to learn about the variety of treatment options available for your particular pain. Take an in-depth look at how to fulfill your exercise resolution, learn more about the benefits of exercise as it relates to back pain, and the different ways chiropractors treat back pain.

FULFILLING YOUR EXERCISE RESOLUTION FOR BACK PAIN RELIEF

Probably one of the most made resolutions, and toughest to fulfill, is the one "to exercise". For back pain sufferers, exercise is crucial to easing chronic pain symptoms and preventing future pain and back problems. Learn some tips for making the resolution "to exercise" a part of your life this year.



Click here to learn more on how to fulfill your exercise resolution: <http://www.spine-health.com/blog/exercise-fitness/fulfilling-your-exercise-resolution-year>

ABOUT DR. KARABINOS

Dr. Karabinos' desire to become a chiropractor was triggered by his personal experience at 17. Following a low back injury sustained while working loading trucks, he experienced excruciating and debilitating pain. Bedridden and having no success with the medical treatment offered by several physicians, his parents brought him to a Chiropractor. After one Chiropractic adjustment, the level of improvement was astounding. This experience eventually caused Dr. Karabinos to seek a rewarding career as a Chiropractor. Since Dr. Karabinos started his practice, his desire grows each and every day as his patients receive wonderful results. Dr. Karabinos uses a "whole person approach" when caring for his patients. By combining the very best hands-on techniques, personalized therapeutic massage & various physical therapy modalities,

Visit Dr. Karabinos' profile on Spine-Health.com to learn about his latest treatments and his special offers for new and returning patients.

<http://www.spine-health.com/doctor/chiropractor/william-karabinos-philadelphia-pa>

(215) 708-0657

EXERCISE AND BACK PAIN

A typical response to experiencing back pain is to take it easy - either staying in bed or at least stopping any activity that is strenuous. While this approach is understandable and may even be recommended in the short term, when done for more than a day or two it can actually undermine healing.

Click here to learn more about how regular routine of lower back exercises can help patients avoid stiffness and weakness, minimize

recurrences of lower back pain, and reduce the severity and duration of possible future episodes of low back pain: <http://www.spine-health.com/wellness/exercise/exercise-and-back-pain>

CHIROPRACTIC TREATMENTS FOR BACK PAIN

Chiropractic is a health care profession dedicated to the non-surgical treatment of disorders of the nervous system and/or musculoskeletal system, generally

through chiropractors maintaining a unique focus on spinal manipulation and treatment of surrounding structures.

Click here to explore different ways a chiropractor may treat back pain: <http://www.spine-health.com/treatment/chiropractic/chiropractic-treatments-back-pain>

Dr. Karabinos is a proud Doctor Member of Spine-health. He is committed to educating his patients through the leading back pain and neck pain resource, www.spine-health.com.

Brought to you by: Wm. Brian Karabinos, DC
Holme Circle Chiropractic
3002 Holme Avenue
Philadelphia, PA 19136
(215) 708-0657

Special Offers: NEW PATIENTS RECEIVE A FREE THERAPEUTIC MASSAGE