

PRESS RELEASE

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OCTOBER IS NATIONAL SPINAL HEALTH MONTH

More than 20 million people sought chiropractic care for spinal injuries and pain

SEVEN FIELDS, PA -- October 1, 2009 – To stress the importance of proper care of the back and spine, doctors of chiropractic are promoting the American Chiropractic Association's (ACA) national observance, Spinal Health Month, during the month of October.

“Back pain is pervasive in our society. Eighty percent of us will suffer from it at some point in our lives, and fifty percent of us will suffer from back pain this year alone,” said Dr. Shawn Finn of Finn Chiropractic Group. “Low-back pain is the most common work complaint experienced by Americans today. And while we want to look and feel our best by taking care of our bodies, too often we neglect our spine,” Dr. Finn added.

Using preventative measures at work and home can help reduce the risk of spinal injury. Dr. Finn suggests the following tips:

- Take frequent stretch breaks while working on your computer. The more hours per day you use your computer, the greater the risk of discomfort or injury.
- Sit at your desk with knees at approximately a 90- to 120-degree angle. Using an angled foot rest to support your feet may help you sit more comfortably.
- Make sure your chair fits correctly - allow for two inches between the front edge of the seat and the back of your knees.
- Avoid twisting and turning motions. Always bend from the knees, not your waist, when lifting anything heavier than ten percent of your body weight, such as a child or a heavy box.
- Warm up and stretch before any physical activity, including all sports, raking, gardening and shoveling snow. Be aware of your body form and technique: stand as erect as possible and let your legs and arms do the work, not your back.
- Get a good night's rest. Choose a comfortable supportive mattress as well as a pillow that supports the weight of your head, reducing the risk of back or neck pain.

The key to spinal health is prevention: listen to your body's warning signals and adjust your lifestyle. If you do experience pain for more than one or two days despite using these preventive measures, consult your local chiropractor. Doctors of chiropractic are trained to identify the cause of the problem and adjust or manipulate the spine to encourage the body's natural healing process.

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Finn Chiropractic Group

Founded in 1998, Finn Chiropractic Group is located in Seven Fields, PA, just north of Pittsburgh. In addition to traction-based spinal decompression therapy, the clinic offers a wide variety of therapeutic services, including spinal adjustments, therapy modalities, and rehabilitation, as well as trigger point and manual soft tissue therapy.

The clinic offers complimentary exams and consultations, including x-rays (if needed). To receive the free appointment, new patients need to make a one-time \$10 donation to VOICe, a local non-profit organization that supports survivors of violent crime. For more information, Finn Chiropractic Group can be reached at 724-776-2673 or info@finnchiro.com

For questions or more information, email info@finnchiro.com or call 724-266-1984.

Photos also available.