

**OLYMPIA CHIROPRACTIC & PHYSICAL THERAPY NEWSLETTER**

# ADJUSTING PERSPECTIVES

**YOUR PATH TO WELLNESS WITH  
OLYMPIA CHIROPRACTIC & PHYSICAL THERAPY**



**Do you experience  
headaches?**

**Do you find yourself taking  
pain meds on a regular basis?**

**Does your headache pain  
keep you from work or doing  
the things you love?**

## **WE CAN HELP!**

**THE MAJORITY OF HEADACHES CAN BE ATTRIBUTED  
TO NECK, SPINE, AND STRESS ISSUES,  
BUT CHIROPRACTIC CARE CAN HELP!  
DON'T WAIT... CALL US TODAY!**

**SKIPPING MEALS,  
EXCESSIVE NOISE,**

**LACK OF SLEEP**

**AND STRESS ARE**

**ALL HEADACHE  
TRIGGERS.**

**THE IMPORTANCE OF LISTENING TO YOUR  
BODY (BODY SIGNALS):**

**Headaches are one of the top three reasons  
people visit chiropractic offices each day.  
Affecting millions, headaches severely impact  
quality of life and can result in significant  
disability.**

**Research has shown that Chiropractic care  
may be the best choice to find relief!**

**RESEARCH THAT MATTERS:**

## **How Chiropractic Care can help with Headaches**

Chiropractors can help with headaches by targeting the underlying causes rather than just treating the symptoms. Many headaches, including tension headaches, migraines, and cervicogenic headaches (headaches caused by neck issues), are linked to misalignments in the spine, particularly in the cervical (neck) region. These subluxations, can cause muscle tension, restricted blood flow, and nerve irritation, all of which can trigger or worsen headaches.

Through spinal adjustments, chiropractors work to realign the vertebrae, relieving pressure on the nerves and reducing muscle tension. This helps to reduce the frequency and intensity of headaches but also improves posture and overall spinal health. Chiropractic care also addresses lifestyle factors that contribute to headaches such as poor posture, stress, or ergonomics.

By addressing the root causes, chiropractic care provides a natural, drug-free alternative for headache relief, offering long-term solutions without the need for medication.

“HA  
HA”  
HA”

**WHY WAS THE CHIROPRACTOR AN  
EXCELLENT INTERROGATOR?**



**BECAUSE HE ALWAYS GOT THE SUSPECT TO CRACK.**

**DID  
YOU  
KNOW?**

**DID YOU KNOW THAT THE DOCTORS AT  
OLYMPIA WILL GIVE FREE LUNCH AND LEARN  
LECTURES AT YOUR PLACE OF WORK?!**

**CONTACT LISA AT  
LSHAW@OLYMPIACHIROANDPT.COM  
TO GET THIS SET UP WITH YOUR EMPLOYER TODAY!**

## THE CONNECTION BETWEEN POSTURE AND HEADACHES

WE DISCUSSED IN LAST MONTH'S NEWSLETTER ABOUT POSTURE AND PRIMARILY "TECH NECK" FROM OUR OVERUSE OF DEVICES.

THERE IS ALSO A STRONG CONNECTION BETWEEN POOR POSTURE AND HEADACHES, PARTICULARLY TENSION HEADACHES.

HERE'S HOW POSTURE PLAYS A ROLE:

- **MUSCLE STRAIN:** POOR POSTURE, ESPECIALLY FROM SLOUCHING OR FORWARD HEAD POSTURE (COMMON WITH DESK WORK AND SCREEN TIME), PUTS EXCESS STRAIN ON THE MUSCLES IN THE NECK, SHOULDERS, AND UPPER BACK. THIS STRAIN CAN LEAD TO TENSION AND HEADACHES.
- **SPINAL MISALIGNMENT:** BAD POSTURE CAN CAUSE MISALIGNMENTS IN THE SPINE, PARTICULARLY IN THE CERVICAL (NECK) REGION. THESE MISALIGNMENTS PLACE PRESSURE ON NERVES AND RESTRICT BLOOD FLOW, WHICH MAY TRIGGER HEADACHES.
- **INCREASED STRESS:** POSTURAL IMBALANCES LEAD TO MUSCLE FATIGUE & STRESS, WHICH CAN ACCUMULATE & MANIFEST AS HEADACHES OVER TIME
- **FORWARD HEAD POSTURE:** THIS COMMON POSTURAL ISSUE INCREASES PRESSURE ON THE UPPER SPINE AND NECK MUSCLES, OFTEN RESULTING IN HEADACHES AS THE BODY STRUGGLES TO MAINTAIN BALANCE.

IMPROVING POSTURE THROUGH CHIROPRACTIC ADJUSTMENTS & POSTURE CORRECTION TECHNIQUES CAN HELP RELIEVE & PREVENT HEADACHES BY REDUCING MUSCLE TENSION, ALIGNING THE SPINE, AND IMPROVING OVERALL BODY MECHANICS.

**Give us a Google Review!**



**HELP US TO SPREAD THE GIFT OF  
HEALTH AND WELLNESS TO OTHERS!**

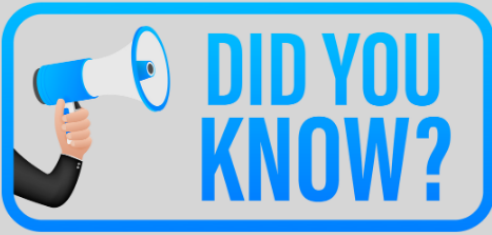
**Healthy recipe to try!**



**CLICK ON PICTURE FOR THE RECIPE**



## CHIROPRACTIC & NATURAL RELIEF:



**BRAIN ACTIVITY  
INCREASES  
AFTER AN  
ADJUSTMENT!  
THAT MEANS  
BETTER CONTROL  
OVER BODILY  
FUNCTIONS, LESS  
INFLAMMATION,  
REGULATED  
HORMONES,  
IMPROVED  
MUSCLE  
STRENGTH,  
AND MORE.**

1. **Chiropractic Care:** Regular spinal adjustments correct misalignments & relieve tension that causes headaches.
2. **Hydration:** Dehydration is a common trigger. Drinking enough water can often reduce headaches.
3. **Stress Management:** Deep breathing, meditation, and yoga help reduce stress, a major cause of tension headaches.
4. **Proper Posture:** Maintaining good posture reduces strain on the neck & back, which can prevent tension headaches.
5. **Essential Oils:** Peppermint & lavender can be applied to the temples or inhaled for calming and pain-relieving effects.
6. **Cold or Warm Compresses:** Applying a cold compress to the forehead or a warm compress to the neck can help reduce headache pain.
7. **Adequate Sleep:** Poor sleep can trigger headaches. Ensure you're getting enough rest each night.
8. **Dietary Changes:** Certain foods & drinks (like caffeine or processed foods) can trigger headaches, while others (like magnesium-rich foods) can help prevent them.

## LOCAL SEPTEMBER FUN:

**LOOKING FOR A GREAT WAY TO BE OUTSIDE AND ENJOY THE BEAUTIFUL FALL WEATHER, GET SOME EXERCISE, AND EAT SOME HEALTHY FOOD, THEN CHECK OUT KUIPER'S FAMILY FARM THIS MONTH!**



**CLICK ON  
PICTURE FOR  
MORE  
DETAILS!**

**FALL HARVEST HOURS:  
AUGUST 24TH - SEPTEMBER 30TH  
WEDNESDAY - SATURDAY 9AM-6PM  
SUNDAY & MONDAY 10AM-6PM  
\*LABOR DAY: 9AM-6PM**



Get to know our  
**Employee!**

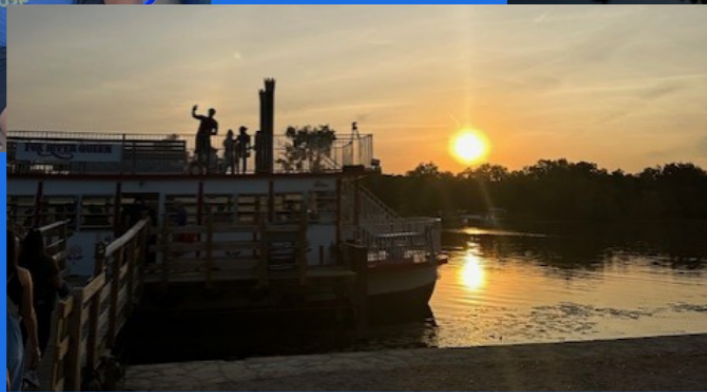
**DAN MIKOSZ**



**Job Title: Physical Therapy Tech**  
**Length of time at Olympia: one month**  
**Favorite Food: Anything Italian!**  
**Favorite Movie: Major League**  
**Pets: I have a Black Lab**  
**Fun facts: I also am a pitching coach and a personal trainer!**



**FUN IN ST CHARLES**



**CLINIC  
QUARTERLY  
MEETING ON THE  
RIVERBOAT!**

**WE**



**OUR PATIENTS .....**

**PLEASE PASS ON THE GIFT OF HEALTH BY SHARING THIS NEWLETTER  
WITH THOSE YOU FEEL COULD BENEFIT FROM OUR CARE!**

**ASK US ABOUT A SPECIAL CONSULTATION CARD FOR YOU TO GIVE TO THEM!**





## **FROM OUR PHYSICAL THERAPY DEPARTMENT:**

### **HOW PHYSICAL THERAPY CAN HELP WITH HEADACHES:**

**PHYSICAL THERAPY CAN BE A GREAT TREATMENT OPTION FOR HEADACHES IF THEY ARE A RESULT OF TENSION OR A MUSCULOSKELETAL INJURY.**

**PHYSICAL THERAPISTS CAN HELP WITH POSTURAL CORRECTION FOR THOSE WHO SPEND LONG HOURS AT A COMPUTER FOR WORK OR SCHOOL, AND WELL AS PROVIDE YOU WITH NECK EXERCISES TO HELP DECREASE NECK AND SHOULDER TIGHTNESS WHICH CAN CONTRIBUTE TO HEADACHES.**

**PHYSICAL THERAPY CAN ALSO PROVIDE YOU WITH MANUAL THERAPY TO ALLEVIATE RESTRICTION AND IMPROVE CIRCULATION TO DECREASE HEADACHE SYMPTOMS, AS WELL AS PROVIDE YOU WITH AT HOME SELF-MOBILIZATION TECHNIQUES.**

**IN ADDITION, PHYSICAL THERAPISTS CAN OFFER ADVICE ON DESK SET UP FOR SCHOOL OR WORK FOR OPTIMAL COMPUTER SCREEN PLACEMENT TO IMPROVE POSTURE WHEN SEATED.**



## EXERCISE ESSENTIALS: EXERCISES FOR HEADACHE RELIEF

**THIS IS A GOOD OPTION FOR AN AT-HOME TREATMENT FOR A SUBOCCIPITAL RELEASE WHICH CAN HELP TO ALLEVIATE HEADACHES!**

### Suboccipital Release Using Massage Balls



BackIntelligence.com

**ASK US TO SHOW  
YOU HOW TO DO  
THIS EXERCISE!**

### EXERCISE INSTRUCTIONS:

- **BEGIN BY PLACING TWO TENNIS BALLS INSIDE A SOCK.**
- **LIE ON YOUR BACK AND POSITION THE TENNIS BALLS JUST BELOW THE BASE OF YOUR SKULL, MOVE AROUND UNTIL YOU FIND A TENDER AREA.**
- **HOLD THIS POSITION FOR 1 TO 2 MINUTES.**