

Summer 2009

Clinic Updates and Events

The foot bone's connected to the...head bone?!

At the Activator Health Center, our team specializes in understanding how spinal and pelvic systems operate, and how to get maximum performance from your body through chiropractic adjustments and other complementary care.

We also know that the feet are the foundation of the entire spinal/pelvic structure. In fact, pain in the feet, knees, hips, low back and all the way to the neck can be caused from a fallen arch or misalignment in the feet. In the Valley of the Sun, this is made even worse as we walk around in flimsy flip-flops and sandals virtually year-round.

Through our new partnership with Foot Levelers, we can create custom orthotics to improve the function of your feet, and ultimately your whole body. We examine your feet at our clinic using a special scanner, illustrate through color photography your problem areas, and recommend the ideal orthotics for you.

SPECIAL OFFER! Now through August 31, 2009, Activator Health Center will give you \$100 off a single pair of custom-made orthotic sandals, so you can create a solid foundation this summer. Call 602.445.7575 to get your feet summer-ready today!



Ask Activator Health Center

Q: I have noticed that every day around 4 p.m., I have a headache and my neck is stiff. Is it possible this is caused by the way I sit at my desk?

A: It is very common to experience muscle soreness, especially after engaging in an activity that is new or done only occasionally. Addressing muscle soreness is important because muscles allow our joints to move when we need motion and allow them to remain stable when we require stability. A tight muscle compromises the joint's mobility and stability, causing joint misalignments and increasing risk of injury, such as sprains and strains.

At Activator Health Center, we are experts at treating muscle soreness. Our precise Activator adjustments realign the joints in the spine as well as in the arms and shoulders.

Once the joints are realigned, the muscles attached to the joints are able to relax and function correctly. Additionally, we use our cold laser as a complementary therapy to reduce inflammation in the area and encourage healing. These treatments, along with some stretching, will have you back "on course" in no time!

If you have questions or would like to make an appointment, please contact drdave@activatorhealthcenter.com or call 602.445.7575.



Hours and Contact Information

Activator Health Center is located at 2950 N. 7th Street, Suite 100, in Phoenix, Ariz. We are located one block north of Thomas on 7th Street, on the west side of the street.

Clinic hours are Monday, Wednesday and Friday from 9 a.m. to 12 noon and 2 p.m. to 6 p.m., Tuesday and Thursday from 2 p.m. to 6 p.m.

Call 602.445.7575 for an appointment. Walk-ins and same-day appointments are welcome. Visit us online at www.activatorhealthcenter.com.