

VOL. 2 - SPRING 2021

LEHMAN CHIROPRACTIC, INC.



OVERVIEW:

- Effects of Spinal Misalignments
- Deep Tissue Laser Therapy
- Chiropractic Care for Stress Relief
- Athletic Injury Evaluations

Office Hours

Monday: 8am-5pm*

Tuesday: 8am-noon

Wednesday: 10am-8pm*

Thursday: Noon-6pm

Friday: 8am-2pm

[thru the lunch hour]

Saturday: 8am-noon

[3 Saturdays per month]

**staff lunch break 11:30am-1pm*



We offer **SPORTS PHYSICALS**

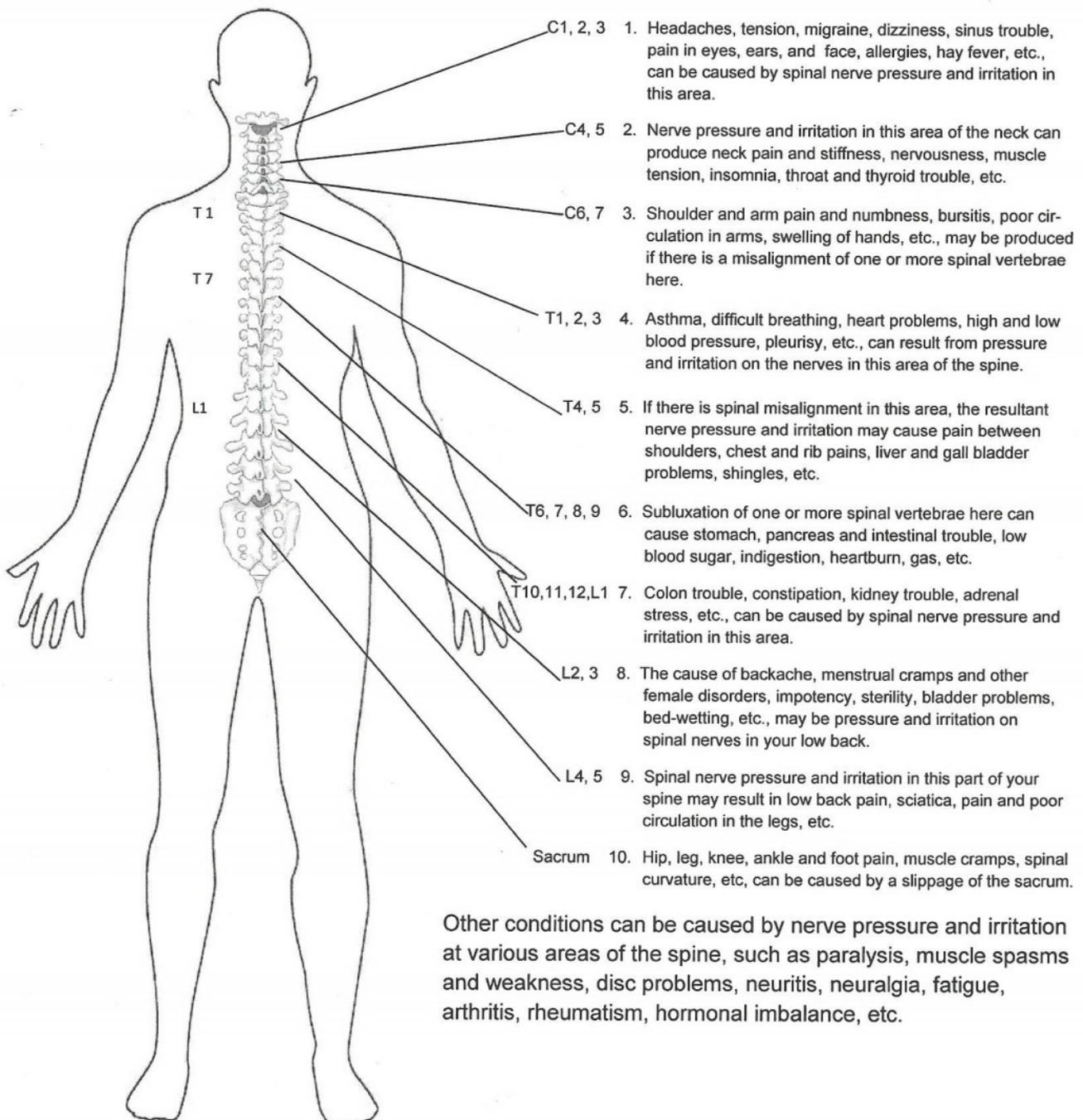
Oftentimes we can offer an appointment the same day you call!

Price starts at just \$30- discount offered if you include an adjustment.

Effects of Spinal Misalignments

Many people don't realize the vast amount of health issues that can be helped or corrected with good chiropractic care. Talk to Dr. Lehman today about any of the following issues you may be experiencing.

The spine and nerve chart below shows that nerve interference at the spine can cause a loss of nerve control to any part of the body. Listed below are a few of the many health problems which could be caused by the vertebrae, and the discs between them, producing pressure and irritation on nerves.



Other conditions can be caused by nerve pressure and irritation at various areas of the spine, such as paralysis, muscle spasms and weakness, disc problems, neuritis, neuralgia, fatigue, arthritis, rheumatism, hormonal imbalance, etc.

DEEP TISSUE

LASER THERAPY

**Surgery free, drug free (no side effects),
safe & effective treatment for pain**



Our FDA cleared Class IV Laser Therapy reduces pain, swelling, inflammation, and stimulates blood flow which enhances the healing process.

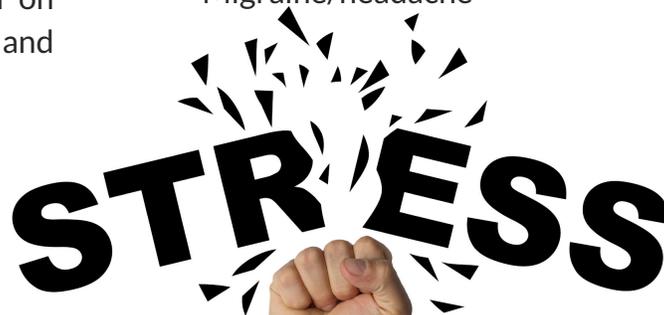
Our body is made of cells and the laser light improves circulation by increasing oxygen into the tissue and energy into the cells, allowing the body to heal itself. Because of the wavelength the laser uses allowing for deeper treatment, it can be used on bone, tendons, ligaments and muscles.

Our LightForce Therapy Laser can effectively be used to treat the following painful conditions:

- TMJ
- Neck Pain
- Shoulder Pain
- Elbow & Joint Pain
- Upper Back Pain
- Low Back Pain
- Sciatica
- Arthritis
- Sports Injuries
- Soft Tissue Damage
- Plantar Fasciitis
- Migraine/headache

Another advantage of laser therapy is quick treatment application. We know your time is valuable and we can help you get results FAST with very little time in our office.

CALL TODAY and request a Laser Consultation with Dr. Lehman. He will discuss your specific needs and customize a treatment plan based on your characteristics for optimal dosing!



HOW DO YOU RESPOND TO STRESS?

For some it may be in the form of an upset stomach, recurring headaches, back pain or muscle stiffness. Others experience nervous twitches, allergic reactions or sensitivities to chemicals. Regardless of your particular response, your nervous system function is involved and that's why chiropractic treatment can help.

TRUST THE CHIROPRACTIC APPROACH!

Similar to exercise, chiropractic adjustments can help reduce tension in the nervous system, improving your ability to tolerate and adapt to the stresses of modern life. Like a relaxing vacation, chiropractic care can help give your nervous system a greater capacity to adapt to stress.

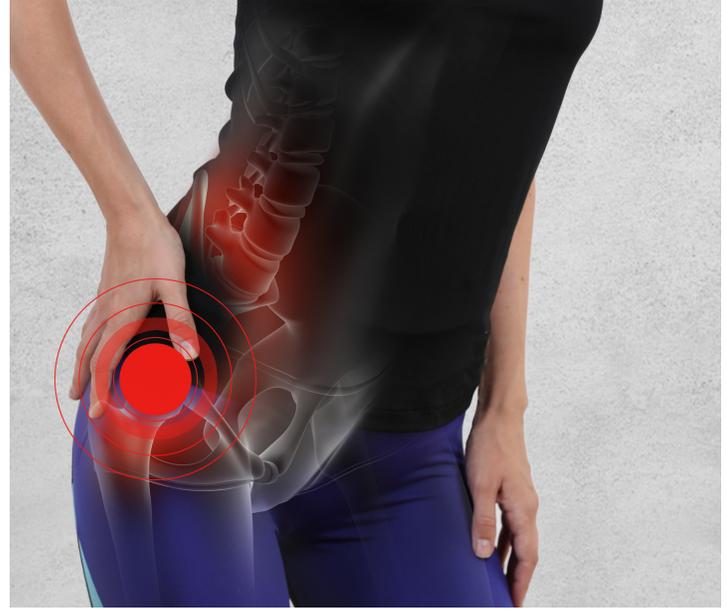
- **Just as a chain tends to break at its weakest link, we seem to exhibit stress and strain in the weakest areas of our bodies.**

- **Emotional stress is just one of many types of stress that cause damaging wear and tear on your body.**

Athletic Injury Evaluations

Regardless of your age, exercise and sports are an important part of a healthy lifestyle. Yet, with this type of activity, injuries happen. In addition to his doctorate in chiropractic, Dr. Lehman has a masters degree in sport science and rehabilitation which translates to advanced training and specialization in diagnosing and treating sports injuries.

This means he doesn't focus on JUST spine injuries, but injuries that include any part of your body.



THE GOAL?

To get you back to your pre-injury level of participation as fast as we can. Dr. Lehman will conduct an evaluation of your injury and let you know what the treatment includes. If your specific situation requires a referral for more advanced or different care, we will direct you to the options available and let you know what to expect with the treatment.



Contact Information

Phone: 937-548-9221

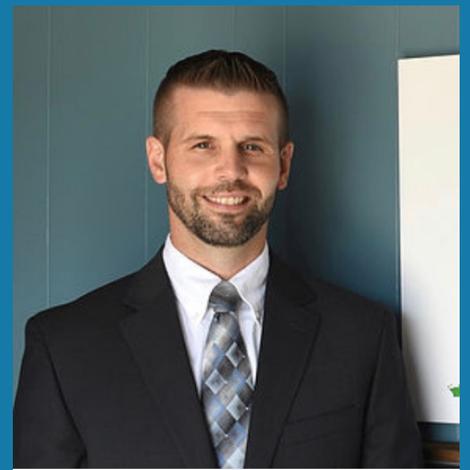
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Visit our website at lehmanchiro.com



You can also find us on Facebook!



Dr. Kyle Lehman