

# We'll Help You Look & Feel Your Best!



## A New Concept in Healthcare

At **Spineworks Chiropractic** our multi-dimensional team concept provides you with a non-surgical approach to your pain or injury.

**Spineworks Chiropractic** is committed to providing the highest quality services to help restore each patient to optimal health and well being. A completely individualized program will be designed utilizing the most advanced combination of diagnostics and treatment options available.

At **Spineworks Chiropractic** our goals are to offer relief of pain while working to correct the cause of your condition and maintain your health, with you as an active participant. The most successful health program is devoted to both healing and restoration of complete function.

## Conditions

We specialize in treating these conditions: Low Back Pain, Neck Pain, Headaches/Migraines, Fibromyalgia, Disc Problems, Arthritis, Sciatica, Joint Pain along with Numbness/Tingling in extremities.

## Chiropractic Care

Chiropractic is a health care and pain relief technique based on proper spinal motion and nervous system function.

## Spinal Rehabilitation

We utilize a specialized approach to spinal rehabilitation to restructure the curves of the spine that have been damaged from poor posture, injuries and many conditions caused by improper postures while using computers, poor lifting techniques and many others causing damage to the spine.



## Easy Payment Options...

Spineworks Chiropractic accepts most insurance programs. All financial programs will be fully explained to you once our experienced staff has verified your insurance coverage.

### We accept:

- ✓ Employer Group Insurance
- ✓ Personal Group Insurance
- ✓ Affordable Payment Plans
- ✓ Auto Insurance
- ✓ Attorney Liens
- ✓ Medicare

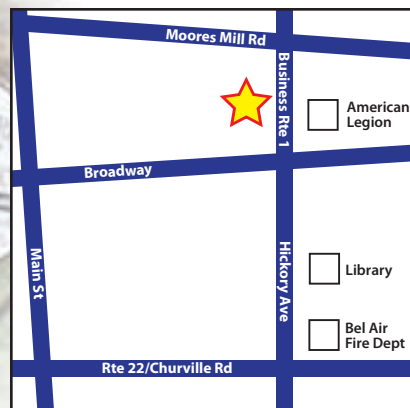
**Blue Cross/Blue Shield Provider**

# Spineworks Chiropractic



522 N Hickory Ave • Bel Air  
(Across from American Legion)

**410-638-5333**



# Harford County's Healthy Living Today

*Special Offers!*

Spineworks Chiropractic

Serving Harford County | Issue 46

## In This Issue



**Non-Surgical Treatment Option for Disc Injuries**

If you are one of the millions of Americans in pain, *there is hope!*  
See page 2 for details.

## Carpal Tunnel Syndrome



It can be caused from the nerves in the neck.

See page 3 for details.

## FREE Lunch & Dinner Workshops

New concepts that prevent unwanted health conditions and surgeries.

See page 3 for details.

**FREE BREAKTHROUGH TREATMENT TO RELIEVE NECK & BACK PAIN!**

- ✓ Increase Circulation
- ✓ Safe & Non-Surgical

**SAVE \$149!**

See inside for details.

**FREE WELLNESS DAY AT YOUR OFFICE OR COMPANY!**

- ✓ Chair Massage
- ✓ Blood Pressure Check
- ✓ Wellness Screening

**\$1500 VALUE!**

First 10 companies only.

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## Chronic Neck & Back Pain

- Herniated Discs • Sciatica • Stenosis

*If you suffer from back or neck pain, you may be helped by Spinal Rejuvenation Therapy.*

There is a good reason why thousands of former back pain patients are calling non-surgical decompression therapy the "eighth wonder of the world". This amazing new biotechnology is responsible for cracking the back pain code for thousands of FORMER pain sufferers. The lumbar/cervical decompression better known as spinal rejuvenation therapy is a quantum leap forward in biotechnology that corrects low back conditions such as herniated discs, bulging discs,

protruding discs, degenerative disc disease, arthritis, sciatica, posterior facet syndrome, and failed back surgery.

## Failed Back Surgery

Spinal Rejuvenation Therapy, the world's most advanced non-surgical treatment for low back related conditions, was developed after many years of research and clinical tests by a team of physicians including a world renowned neurosurgeon and biomedical engineers.



## Start Living Pain Free!

The Spinal Rejuvenation Therapy targets a specific lumbar level or disc. It creates a negative pressure or a vacuum effect inside the disc allowing the center or nucleus of the disc to be re-absorbed into its proper position, unherniating the disc.

Continued on page 2

## Do You Suffer from Headaches?



*Why has chiropractic care been a blessing to millions of headache sufferers?*

The reason may be that most headache sufferers appear to have spinal misalignment in the neck. This is called cervico-genic headache. One study of 6,000 long-term headache sufferers who had recurring headaches for 2 to 25 years revealed that neck and spine injury was the most important factor in the cause of the headache and should be suspected in every non-specific case of headache.

Anyone suffering from headaches of any type should see a chiropractor to ensure their spine is free of misalignment.

**FREE BREAKTHROUGH TREATMENT TO RELIEVE BACK & NECK PAIN!**

See page 2 to learn how you can benefit.

# Non-Surgical Treatment Options for Disc Injuries

Continued from page 1

When describing the treatment of a degenerative disc using spinal rejuvenation therapy to our patients, we use the analogy of a sponge. A degenerative disc is like a dry sponge – it should be like a wet sponge. So by creating this pump like action through spinal rejuvenation therapy we can rehydrate the disc with nutrients and restore it to its optimal function.

## 10 Years of Research

Research began on spinal decompression more than a decade ago. A team of top biomedical engineers and physicians investigated the phenomena. The spinal rejuvenation therapy uses the technology that came from that research.

## Surgery Can Be Very Risky and Expensive

Traditionally, surgery, pain medications and physical therapy have been the primary treatments employed by doctors to address most problems involving the spine. The complications from back surgery can be severe and may result in permanent debilitating conditions. Surgery can be very risky and extremely

expensive. Pain medications can make it very difficult for a person to carry-on with normal day-to-day activities and still does nothing to correct the underlying cause of the condition. Physical dependency on those drugs is also another very real concern.

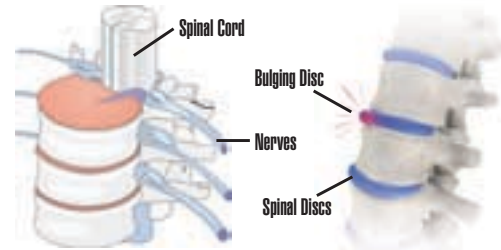
While physical therapy can sometimes offer temporary relief for the symptoms; most patients observe that the actual benefits are marginal at best and in most cases allowed their condition to worsen, thereby making the real correction more difficult.

## Steroidal Injections

Another common treatment is steroid injections. While this can provide some temporary relief it is expensive and can also allow your condition to worsen as it only masks the pain.

## Research Reveals

Recent research revealed spinal rejuvenation therapy for low back pain revealed to be very successful. Dr. Steve Peyroux from Atlanta, Georgia states, “Spinal Rejuvenation Therapy is advantageous for patients simply because it is another avenue for them to seek care for clinical conditions.”



## Staying Pain-Free

“The Spinal Rejuvenation System has treated well over 7000 patients. Over 90% of the patients that successfully complete the treatment regimen stay pain free.”

## Why a FREE Treatment?

New patient protocol at Spineworks Chiropractic includes a complimentary consultation to determine candidacy for Spinal Rejuvenation. It is then determined by our doctors and you to take the next step which would be a comprehensive examination including neurological, orthopedic and spinal bio-mechanical assessments. This is normally covered by insurance plans. We then schedule your FREE Spinal Rejuvenation Treatment valued at \$150.

## Don't just take our word for it...

I came to see Dr. Pinelli with severe back pain. It was so bad that I could hardly walk into the office. After the exam we discussed a treatment plan which included the use of the decompression table. My first thought was, “how could this help?” But in conjunction with the other treatments, I have made almost a 100% improvement. Without the use of the decompression table to allow my discs to be pulled apart just enough to relieve the pressure, I don't think that I would have this much relief in such a short period of time.

—Lisa B.

Mom has had back pain and is 87 years old. She was apprehensive of doing chiropractic. Dr. Pinelli and his assistant Victoria – through their knowledge, skill, and perfect bedside manner – alleviated her concerns. She looks forward to coming to see Dr. Pinelli now and talks about him to all of her friends. Dr. Pinelli is very focused on his patients' concerns, and tailors his treatment based on individual needs.

— Cleo D.

I am very pleased with the treatment and care that I have received from Dr. Pinelli. There has been a substantial decrease of pain and an amazing increase of flexibility in my neck, upper and lower back, and an overall feeling of wellbeing that has improved my quality of life. Victoria is a pleasure to see very time I come into the office.

— Jessie H.

## CAN YOU BENEFIT FROM SPINAL REJUVENATION THERAPY?

- Are you currently experiencing neck or back pain?  Yes  No
- Have you had an MRI?  Yes  No
- What treatments have you tried?  Surgery  Bed Rest  Medications  Chiropractic  Physical Therapy  Ice/Heat
- Do you miss work because of your pain?  Yes  No
- Do you walk more slowly because of your pain?  Yes  No
- Do you lie down more frequently due to pain?  Yes  No
- Are you constantly in pain?  Yes  No
- Do you have numbness or tingling in your arms, hands, legs or feet?  Yes  No

**If you answered yes to two or more of these questions, schedule your treatment now!**

**Call 410-638-5333 to schedule your FREE Consultation and Treatment!**



# Carpal Tunnel Syndrome

- Do you drop objects because of weakness in your hands?
- Do you still have pain after surgery?
- Do your hands fall asleep at night?

You could have carpal tunnel syndrome, a painful progressive condition caused by compression of the median nerve, tendon and blood supply in the wrist.

## What are the symptoms of carpal tunnel?

Symptoms include: frequent burning, tingling, itching, and numbness in the palm of the hand through the finger tips of the second and middle fingers. As this disease progresses, sufferers have pain from the palm through the wrist and forearm. Prolonged disease can cause a decrease of grip and pinch strength as well as muscle wasting (atrophy) on the thumb side of the palm. Touch or hot and cold sensation to the palm, fingertips and wrist

may be disrupted which can present a safety issue for the person with carpal tunnel syndrome.

## What are the causes of carpal tunnel and who is at risk?

Carpal tunnel syndrome is often the result of a combination of factors that increase pressure on the median nerve and tendons in carpal tunnel, rather than the problem with the nerve itself. People may be physically pre-disposed; the carpal tunnel is smaller in some people than others.

## Diagnosis

Early diagnosis and treatment are important for avoiding permanent damage to the median nerve.

## Non-Surgical Treatment

Treatments for carpal tunnel syndrome should begin as early as possible. We utilize a variety of treatment methods to treat carpal tunnel, ranging from diagnostic testing to special traction protocols along with programs that strengthen the troubled area to regain strength and flexibility.

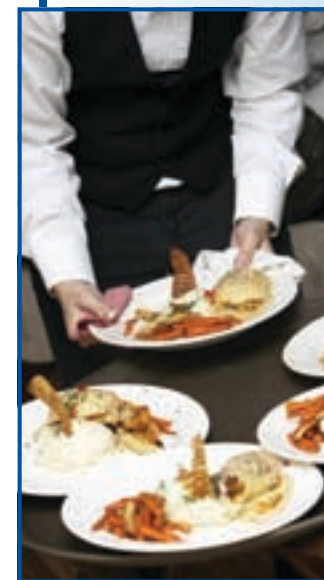
**SPECIAL OFFER  
FREE SCREENING!**

**Carpal Tunnel Screening & Consultation at No Charge.**



## FREE Lunch & Dinner Workshops

These workshops are given by our doctors to educate the community on new concepts that prevent unwanted health conditions and surgeries.



### Carpal Tunnel Syndrome & Neck Pain

Do you still have pain after surgery, or drop objects due to weakness? Do your hands tingle while you drive or sleep? You may benefit from technology we use to treat Carpal Tunnel Syndrome.

### Low Back Pain: Decompression Therapy

If you have low back pain or neck pain caused by a damaged disc you may benefit from Spinal Rejuvenation Systems. *We can help!*

### Weight Loss:

#### 5 Secrets to Permanent Weight Loss

Learn proven methods to weight loss and ways we can jump start the weight loss process. *We can help!*



Seating is limited to the first 20 callers! **410-638-5333**