



Richmond Chiropractic's



Christmas Newsletter 2010!!!

Christmas Hours:

Thursday December 23 rd	2pm-6pm (Dr. Betts)
Tuesday December 28 th	2pm-6pm (Dr. Sembrat)
Thursday December 30 th	2pm-6pm (Dr. Sembrat)

Then our regular hours begin, starting with...

Patient Appreciation Week – Jan 3rd – 7th !!!

Every Chiropractic patient who attends our clinic during the first week of January will receive a *'Healthy Care Package!!!*

This is a small token of appreciation to our patients for their friendship and loyalty over the last decade!!! (Max 1per person)

Regular Office Hours

	<u>Mornings</u>	<u>Afternoons</u>
Monday	Closed	Dr. Betts 2pm-6pm
Tuesday	Dr. Betts 8am-11am	Dr. Betts 2pm-6pm
Wednesday	Dr. Betts 8am-11am	Dr. Betts 2pm-6pm
Thursday	Closed	Dr. Betts 2pm-6pm
Friday	Dr. Betts 8am-11am	Dr. Betts 12pm-3pm

Active Release Techniques (A.R.T.)

Dr. Betts is offering A.R.T. Therapy to assist those with difficult cases. It is a movement based massage technique that treats muscles, tendons, ligaments and nerves involved with:

Headaches

Back Pain

Sciatica

Plantar Fasciitis



Shoulder Pain /Rotator Cuff

Hip pain

Knee pain

Tennis Elbow

These conditions usually have one thing in common: **overused muscles**. This is where Dr. Betts can help! Treatments are usually paired with a chiropractic adjustment and last 15 minutes. Call us for more details!



Foot Orthotics



Dr. Betts can provide custom foot orthotics for his Chiropractic patients. After a thorough spinal, foot and gait analysis, a foam cast of each foot is made and then sent off for computer analysis.

We are able to provide specialized orthotics for all types of sport footwear, work boots, high-heeled shoes and more. We can also have your custom orthotics built into a shoe or sandal. Our pricing is very competitive, and we offer 50% each person's second pair. *Book your appointment today!*

\$10 off your next Acupuncture Treatment

We are pleased to invite you to try Acupuncture with *Dr. Lily Zhang*. She is our Traditional Chinese Medicine Doctor and Acupuncturist. Dr. Zhang is also a registered nurse and is working on her Masters in Nursing! She works with a wide variety of cases including *smoking cessation, weight loss and menopause*.

Maximum one per person. Expires February 28, 2011