



The dog days of summer are here!

Summer = Activity = Movement

Sometimes that movement is hampered by injury or stress. Many of us have encountered TENDONITIS. Golfers may develop it in the shoulders (rotator cuff) or elbows (golfer's elbow). Ultimate Frisbee players can have afflicted ankles or wrists.

These conditions can be successfully treated with massage therapy. My treatments, working with the muscles

and affected tendons, promote healing. Accompanied by remedial exercise, the results for you are diminished pain, increased movement and return to activity.

I have also successfully treated other areas that are prone to tendonitis. Let me help you find out how much you can benefit from massage therapy - - before the summer's over! Contact me at john_rmt@thrivewellness.ca.

Improve your golf game!

All of you avid golfers out there will know that your swing power is mainly generated from your trunk. Did you know that increasing your low back's range of motion can lead to a more powerful swing and further driving distance?

Also, having a full and pain-free range of motion in your low back will ensure you are at a lower risk for low back and hip injuries.

Our chiropractors can assess your posture and mechanics, and devise a

plan to maximize your driving distance, while minimizing your risk of injury this summer.

Find out what role your posture, current range of motion and existing muscular imbalances play in limiting your swing. In addition, learn how to correct these imbalances and prevent recurrence of those nagging aches and pain.

Contact us for information on how to improve your golf game this summer!

Upcoming Office Closures

BC Day Long Weekend:

There will be no chiropractic services available Saturday August 4th and Monday August 6th, 2007. Massage therapy and acupuncture will be

available as usual. The clinic will resume normal schedule on Tuesday August 7th, 2007.

Enjoy your summer!

Topics in this issue:

- The dog days of summer are here!
- Improve your golf game!
- Upcoming office closures

Practitioners:

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