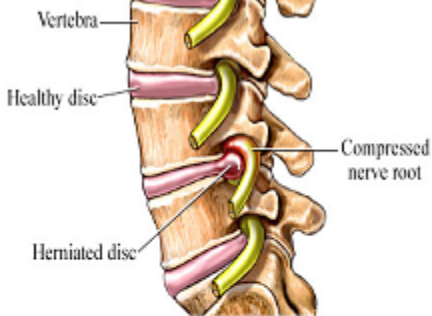


HERNIATED DISC



A **Herniated Disc** can occur in people of all ages. They are most common in people between 35 to 45 years of age. They also occur in people who perform heavy manual labor or drive for long periods of time.

What are the signs of a **Herniated Disc**? If it is in the lower back: pain, tingling, or numbness in one leg that is felt from the buttock down the back of the leg to the ankle or foot. If it is in the neck: there may be pain or numbness in the shoulders, arms, or chest.

Chiropractic can offer a non-surgical treatment for a **Herniated Disc**. Spinal adjustments restore proper motion and position of the malfunctioning spinal bones.

Most people (more than 90%) will improve within 6 months after using a non-surgical treatment. If caught before permanent damage occurs, disc tissue often returns to a more normal size and shape.

Absolute Wellness & Rehab

720 South Rand Road, Lake Zurich, IL 60047
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