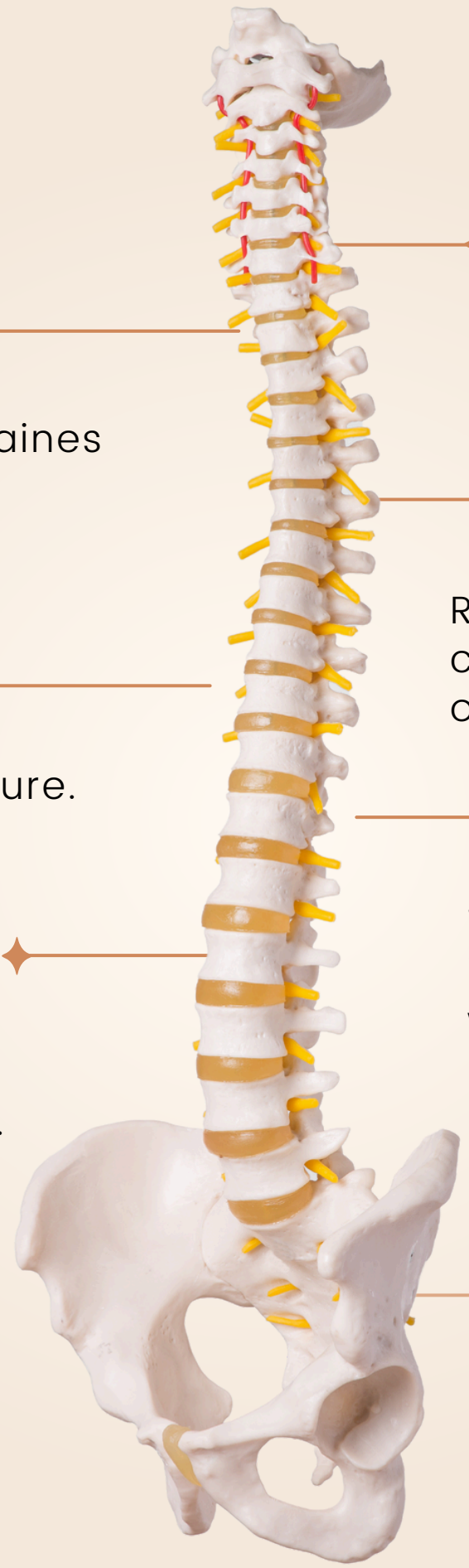
FOUNDATION FOR CHIROPRACTIC PROGRESS

THE BENEFITS OF

Chiropractic Care



Reduces pain and improves range of motion of your spine and other joints.

Helps reduce migraines and neck-related headaches.

Reduces symptoms of chronic conditions like osteoarthritis.

Improves your posture.

Treats neck and spine injuries, especially whiplash

Relaxes tight muscles, relieves spasms and releases tension in the connective tissue that surrounds each muscle.

Restores and maintains joint stability and mobility.

Source: clevelandclinic.org

ASSOCIATION OF NJ CHIROPRACTORS ™ ANJC