

# Backbone Chiropractic Newsletter

SUMMER

2005

## From Dr. Batdorf:

I am still settling into my new location. Hanging things on the walls and making new changes seems to be part of this process. If you have not seen my new office you should drop by and check it out. It is next door to The Center for Yoga and right next door to Health Touch Massage. I am in good company.

Many of you probably don't know that I also work at Cristo Rey Health Clinic one day a week. This will be my third year there! As a doctor I feel that it is important to give back to the community that I am a part of and this is one way of doing that. I treat insurance and non-paying patients that the doctors there refer to me. If you know someone who needs chiropractic care but cannot afford it, they may be seen through the Cristo Rey Health Clinic by seeing one of their general practitioners who can then refer them to me. Also many free clinics and low income health clinics are closing, if you are looking for a good cause to support I would encourage you to support the Cristo Rey Health Clinic.

## What is Chiropractic?

Often people are confused about what chiropractors do. Unfortunately most people think that we are simply doctors of the spine. While we are trained specifically to treat the spine we are also trained to treat ailments of the shoulder, knees, wrists, fingers, ankles and toes. We are responsible for understanding ailments of the heart, lungs and major organ systems. And in some states chiropractors are considered primary care physicians (unfortunately not in the state of Michigan). Things that in my opinion respond best to chiropractic manipulation are:

head ache	carpal tunnel syndrome
neck pain	low back pain
frozen shoulder	facet syndrome
shoulder pain	herniated discs
tortocollis	sacroiliac joint pain
thoracic outlet syndrome	gait problems
mid back pain	plantar fasciitis

**Thank you for your referrals. My business is based on them and they are your greatest compliment to my office. To show my appreciation share this newsletter with a friend who needs chiropractic and they will receive a **free consult and exam.****

**Backbone Chiropractic, LLC and Massage Therapy**  
**1770 East Grand River, East Lansing, MI 48823 ■ 517-316-1277**  
**Office hours: Mon. – Fri. 1:00 pm – 6:30 pm ■ Saturday by appointment only**

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# **Local Activities of Interest**

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## **BETTER HEALTH STORE PICNIC**

August 13 10-6PM

Backbone Chiropractic will be doing spinal screens and posture analysis. If you know of anyone that has questions about their health or their backs they can come and get their questions answered. On top of that you can get some free snacks and get a great deal (20% off) your health food bill.

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## **OK-OK SPARROW WOMEN'S FOUNDATION RUN**

September 11

This is a 5K fun run/walk that is geared towards relaxation afterwards. Salons, massage therapists, yoga studios, natural food stores are all present and Backbone Chiropractic will be there too.

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