



Thank You for continuing to trust us with your care here at Back On Track, where our mission is to *create ideal health through empowerment, therapeutics, and movement.*

Some of you have recently provided us with suggestions on how we can better cater to your needs and therefore, we would like to introduce you to our new NEWSLETTER where we will be providing you with up-to-date information on all things health related here at our clinic. We hope you enjoy this service and ask that you please provide us with any suggestions you may have for upcoming topics.

Streamlined Care

As of October 1st, we will be implementing an improved model of care to better enhance your experience here at Back On Track. This will help us decrease waiting times and more importantly, allow us to focus on returning you back to your normal activities of daily living...faster!

- **General Care:** Dr. Angela Regier will continue to provide all traditional chiropractic treatments. As usual and when necessary, instrument assisted spinal manipulative therapy, manual mobilizations / manipulations, and basic soft tissue therapy will be provided.
- **Advanced Care:** Dr. Jeff Cubos will now focus his care on those patients who may need extra time with their treatments. Utilizing the same approaches in conjunction with specialized rehabilitation techniques, he will be able to effectively manage those presenting with sports and limb injuries, as well as more complex back pain.

Functional Movement Screening

Upon recovery and / or in the absence of pain, many of you have asked us what you can do to help prevent your risk of future injury. We are now proud to introduce the implementation of the *Functional Movement Screen* at Back On Track to identify any asymmetries and dysfunctions that may predict this risk. If you would like more information, kindly ask Amanda, Kenda, or Chandelle for a handout or speak to us directly.



September Sale

As you may know, we place specific products on sale on a monthly basis to better promote healthy living. This month's sale is **Nutra Sea** by Ascenta Health.



Sale Price:
\$ 40

*also available in capsule form (Adeeva) - \$30

Healthy heart, healthy joints and improved mental function.

A pharmaceutical quality fish oil with a balanced EPA/DHA makes it an ideal supplement for optimal health and well-being. A delicious lemon flavour suitable for children, adults and seniors.

Updated Fee Schedule

(Effective October 1, 2010)

Initial Examination:	
• Adult / Senior	\$65
• Child (0-17)	\$20
• Student (F/T)	\$30
General Care:	
• Adult	\$38
• Senior	\$33
• Child / Student	\$29
Advanced Care:	
• All patients	\$60
Re-examination:	
• Adult / Senior	\$35
• Child / Student	\$20