

RDU ACTIVE ADULTS NEWSLETTER

We Help Educate *Active Adults* Dealing with Pain or Injuries how to Become and Stay Pain Free!



FUNCTIONAL
CHIROPRACTIC & REHAB

**DON'T
LET
PAIN
LIMIT YOUR
LIFE**

**WHY
TREATMENT
HAS FAILED
YOU IN THE
PAST**

**DON'T LET
PAIN HOLD
YOU BACK**

**STAYING
ACTIVE IN
RDU**

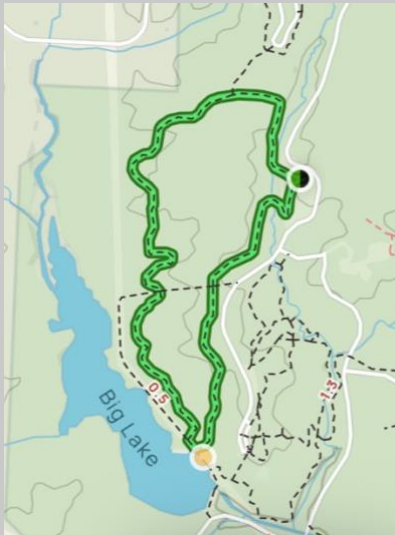
WHY PREVIOUS TREATMENTS HAVE FAILED YOU IN THE PAST...

Did you know 80% of people experience back pain in their life? The unfortunate truth is that most people experience it again, again, and again... so it becomes a chronic issue. Traditional treatments like Advil, massage, PT, quick chiropractic adjustments, ice/heat packs mainly target symptom management which only provides short term relief. The problem is they never addressed the root cause of the issue. The root cause is the real reason the pain started in the first place. Our patients often share their frustration, not just about the pain, but also what it is preventing them from doing, both physically and mentally. Here at FC&R we not only work on symptom management, but we also get down to the root cause to prevent pain from ever returning. If you're ready to invest in long term health and solve your pain, use the QR code to get started today!

“Getting old” is **NO EXCUSE** for pain and it certainly should not hold you back from doing the things you love to do. As we get older our responsibilities and habits change... we start working and have families... our responsibilities grow and change. Staying active and putting ourselves first unfortunately is put on the back burner which is a recipe for pain and injuries. You only get one body and how you treat it will determine your quality of life for the rest of your life.



ACTIVITY OF THE MONTH



Sal's Branch Trail

Difficulty: Easy

Distance: 2.5 miles

Elevation gain: 183ft

Location: Northeast side of Umstead State Park

*Dog and kid friendly



Book a
Discovery Call



Request more info!



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FOLLOW US!



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