

Did you know that Chiropractic and Massage Therapy compliment one another?

Chiropractic and Massage are compatible holistic therapies that share the goal of your total well-being, not simply an absence of illness. Both offer natural, hands-on, drug-free techniques.

They can be used as preventative as well as restorative therapies. Both work to resolve the cause of your pain rather than treat isolated symptoms. Used in combination, they can help you maintain your optimum health and enjoy life to the fullest.

Addressing soft tissue problems is an important compliment to Chiropractic care. This is because muscles move joints, while ligaments and fascia support them. If a subluxation is adjusted without addressing related soft tissue problems, you may still experience pain. In addition, your tight muscles and shortened fascia can pull your joint out of alignment again.



SPINAL ADJUSTMENTS

Dr. Snyder's adjustments are gentle, comfortable and effective.



A HEALTHY FOUNDATION for WELLBEING



Cartersville Chiropractic
108 N. Division Street
Cartersville, IL 62918
P. 618.985.9555
F. 618.985.9576



Zeigler Rehab & Pain Mgmt
115 N. Main St.
Zeigler, IL 62989
P. 618.596.4400
F. 618.596.4402

cartersville_chiropractic@rocketmail.com

SPECIAL

Bring this coupon in with you and receive a consultation, exam and X-Ray if needed for only

\$19.95!

Coupon good until 9/3/10

SPECIAL

Bring this coupon in with you and receive a one (1) hour session of Massage Therapy for only

\$19.95!

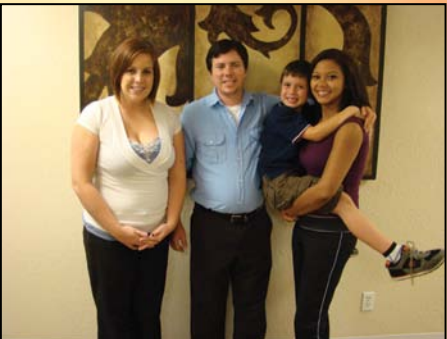
Coupon good until 9/3/10



PRSR STD
U.S. POSTAGE
PAID
ZEIGLER, IL 62999
PERMIT NO 24

Carterville Chiropractic
108 N. Division Street
Carterville, IL 62918
618-985-9555

Meet Our Staff



GET IN BALANCE

Regular treatments keep the body aligned
and the nervous system working optimally.
Be the best you can for all the family!



We also offer Saturday Appointments