

VOICE FOR HEALTH



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A NATION BROUGHT TO ITS KNEES

According to an analysis of data by researchers at the U.S. Centers for Disease Control and Prevention and in North Carolina, an estimated 45% of Americans will develop knee arthritis during their lifetimes. While individuals who maintain their weight within the normal range stand the best chance of avoiding this condition (which is a leading cause of disability), obese individuals and overweight people are at higher risk for knee replacement surgery. In order to avoid this grim prospect, chiropractors urge everyone to engage in physical activities that help maintain normal body weight and strengthen muscles. If you are prevented from engaging in such a regimen, a visit to the chiropractor may help put you on the road to health.

It is vital to strengthen and condition the muscles around the knee joint to prevent injury. But remember, don't overexert the muscles either. Experience the natural health benefits of chiropractic care for your entire family. Call us at 609-298-7700 to schedule an appointment. Make regular chiropractic care your first choice, not a last resort. Let the staff of professionals at IKEDA FAMILY CHIROPRACTIC CENTER help you achieve optimum health. If you're suffering from pain, try a safe, effective alternative: chiropractic care! We're located at 23659 Columbus Rd., Suite 2A, Columbus, where we're currently accepting new patients. We accept most insurances including Aetna, Amerihealth and Blue Cross Blue Shield, PPO.

Please send any messages or comments to my office or e-mail me at:
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P.S. Weight-bearing exercise, such as walking, strengthens bones.