

Proven Safe, Effective, and Affordable

Local Chiropractor Offers Effective Care for Lower Back Pain and Sciatic Leg Pain

Dear Friend,

If you've ever suffered from lower back pain that may even be to the point of causing pain in one or both of your legs, you are one of the unfortunate thousands of people in this country that experience some of the most intense pain on the planet. Back pain is the kind of pain that can progress to the point of disabling you from getting out of bed or even out of a chair or a car seat.

THE CAUSE

Slips, twists, lifts and falls all contribute to low back shifting (subluxation) that can produce lower back pain and even intense leg pain. The problem is, many people wait until the pain is so intense they can barely move.

Many people will experience lower back pain and sciatic leg pain after injuring their low back, but they wait until the pain goes away and mistakenly think the problem has left as well. These people often experience recurring lower back and sciatic leg pain throughout their lives. The causes of re-aggravating such an ongoing condition can vary from heavy lifting to sitting or even bending over to pick up an object as light as a pencil... **The point is – once you have a lower back shifting (subluxation) that can cause lower back pain and sciatic leg pain, the condition will probably never go away on its own!**

THE EFFECT

If you have mild or moderate back pain or sciatic leg pain, you may still function at some level, even while at work. If however, you have intense lower back or sciatic leg pain, you probably will be able to do little if anything at all. The effect of lower back pain or sciatic leg pain can vary from:

- Poor job performance to job loss.



Dr. Michael Reid
Dr. Lise Cloutier
 DC: Hampton Family
 Chiropractic
 Member:

- World Chiropractic Association
- International Chiropractic Association

**DEDICATED TO ENDING
 YOUR LOWER BACK PAIN
 AND SCIATIC LEG PAIN**

“As a doctor, I am dedicated to reducing and eliminating your nerve related pain. I have seen too many people suffer needlessly with lower back pain and sciatic leg pain. Enough, is enough!! Whether you’ve hurt your self over the weekend, or in an accident, or you’ve been suffering for years, we are here to help you find lasting relief... without drugs or surgery. My goal is to get back to what is important to you fast..... YOUR LIFE!!!!”

- Short temper that can stress your relationship with the people you care most about.
- Poor athletic performance to no athletic activity at all.

THE SOLUTION

For hundreds of years, people have suffered with lower back and sciatic pain. For hundreds of years; pills, potions, lotions, and even surgery have been attempted to mask the pain. There has to be a better way!

AS A LICENSED CHIROPRACTOR, I HAVE A DIFFERENT APPROACH!

Care starts with an accurate diagnosis. Using a variety of state-of-the-art Chiropractic techniques, including Computerized Thermascan & Surface Electromyography (SEMG), the Spinal Analysis Machine (SAM), motion palpation, & high speed, low dose spinal imagery (only if needed), my goal is to get to the real source of your pain. Then working from training in numerous Chiropractic techniques, I, as a Doctor of Chiropractic, choose the right combination of care to match your underlying problem.

My highly trained team & I always take the time to listen to your concerns, answer your questions, and explain everything so you really understand.

In fact, I do a special Chiropractic spinal care workshop for you and all the people in our community, absolutely free and without any obligation. I know that when you attend our special workshop, not only will you be empowered because you will have a better understanding of how I can help you, but just as importantly, you will learn how you

To introduce you to the healing world of chiropractic, please except my special offer.

No-Obligation Consultation & Spinal Examination This Month For Only \$35.00

That includes everything! This 1st visit normally costs up to \$275.00.

You will receive :

- A case history
- A private consultation
- A spinal examination
- Thermal Scan & X-rays (if necessary)
- A special Invitation to our “1/2 Hour To Optimal Health & Healing” Workshop



CALL US TODAY AT 761-1600 FOR YOUR APPOINTMENT!

We are located in The Hampton Park Plaza, 1419 Carling Avenue,
Suite 209 Ottawa, ON K1Z 7L6

E-mail: thedoc@hamptonfamilychiropractic.com

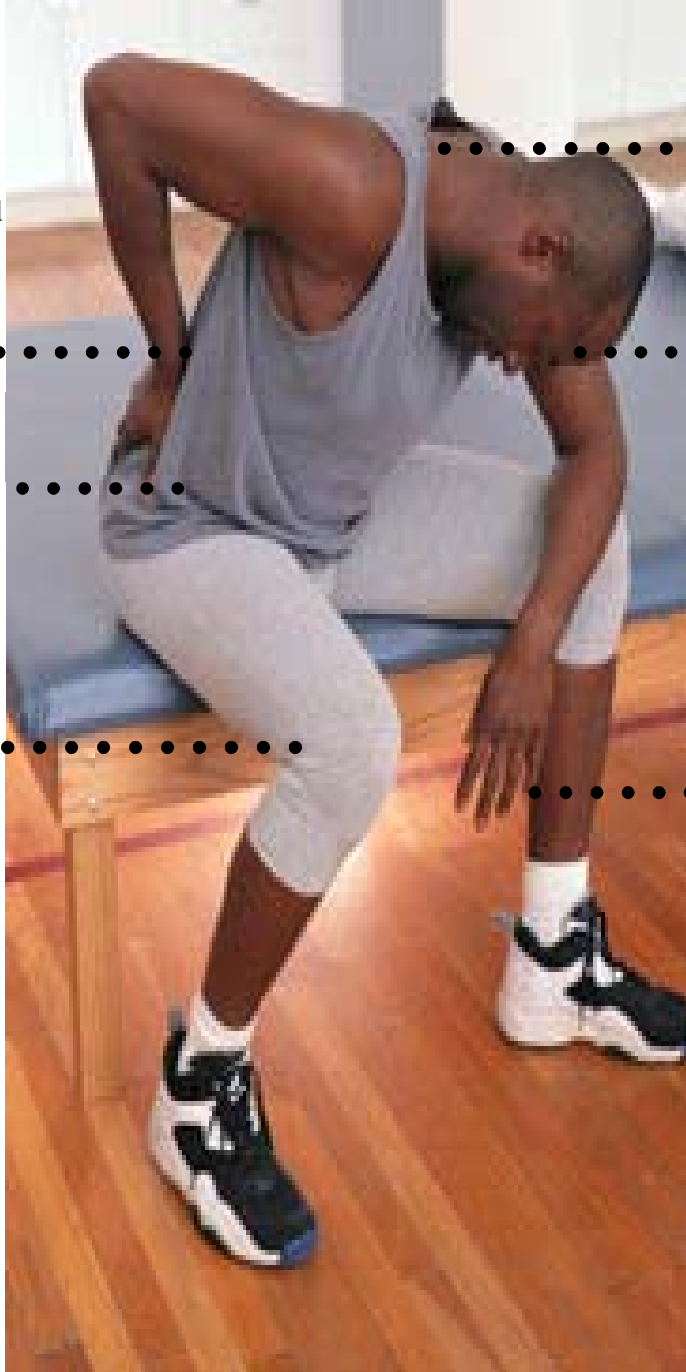
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Does PAIN keep you from living your life?

Repetitive strain: We have had remarkable success treating work related injuries, including carpal tunnel syndrome.

Lower back pain can make just going to the movies uncomfortable. Often after only one visit, we improve your comfort and start you on the path to recovery.

Constant tingling or numbness in your arms or legs shouldn't be ignored. We can quickly determine if chiropractic care is the best treatment for you.



A stiff neck: can make every movement painful. Whether you suffer from whiplash or you just slept wrong, Dr. Reid can help with his gentle adjustments specifically tailored to your needs.

Chronic headaches? Migraines? Jaw pain? Don't mask the pain with Tylenol or Aspirin. We can pinpoint the cause and give you long-lasting relief.

Arthritis: Do your joints ache and creak when you get up in the morning? The pain of arthritis may be greatly reduced in just a few short visits.

Low energy levels can be dramatically increased through Chiropractic care.



Hampton Family Chiropractic



Dr. Michael Reid & Dr. Lise Cloutier

See the other side for further information about chiropractics advanced pain relieving techniques and how we can help you.

1419 Carling Avenue, suite 209 * Ottawa* Call 761-1600 Today!