

# Welcome 2021

## *A Message from Doc & Jill*

*Happy New Year & Welcome to 2021!*

*As we enter this New Year we at Active Health continue to strive to offer the most innovative and comprehensive care specifically tailored to meet each & every individual's needs. Our priority at Active Health has always been to communicate openly & professionally regarding your health care goals.*

*We continue to be here for our patients and the community. Let us know how we can be of service to you and your loved ones.*

*Wishing You a Healthy and Safe New Year!*



## *Patient Success Story*



Prior to visiting Active Health Center for the first time, Linda suffered from having pain in her neck so great that it would wake her from sleep. It would constantly nag her all day, especially when she was trying to work or do other activities. She also had a forward neck posture, and a lack of range of motion in her neck as well. After speaking with a family member, she was referred to us! Her treatments consisted of utilizing our state of the art Multi-Cervical Unit (MCU),

receiving chiropractic adjustments, and using a doctor's recommended home exercise program. Linda now feels exceptionally better, as she rarely has pain in her neck anymore and she is able to sleep well every night. She reports that her range of motion in her neck has increased significantly as well. She also wants to note that since treating here, she feels so much more educated about her body and health and what she should be doing to take care of herself. She is very impressed with the staff and grateful for the care she has received!

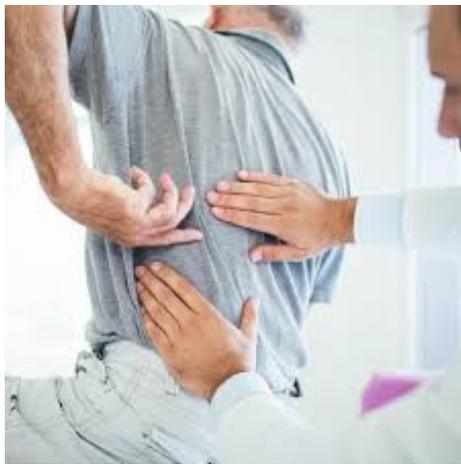
**If you or a loved one experiences any kind of  
NECK PAIN!!**

**Call us at 561-842-2273 to schedule your consultation to see if you are a candidate for the MCU or click the button below!!**

**MCU BUTTON**

## *Featured Article*

### *How Physical Therapy Can Help you With Your Chronic Back Pain!*



At Active Health our patient outcomes are premier to other providers in our area because we actually use our hands to change alignment, change the soft tissue structures and make muscles not as tight. This hands-on technique is essential for fixing posture problems. We provide personalized physical therapy that combines itself with manual therapy so it not only treats patient's symptoms, but changes their lifestyle.

[Click Here Physical Therapy Benefits For Back Pain](#)

**Physical Therapy and Chiropractic Care Get The Best Results at Active Health, because we do things that are BETTER TOGETHER!**

# **ACTIVEHealth**

**Medical. Chiropractic. Physical Therapy.**

*“Better Together”*

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