



A Message From Doc & Jill

This month is always a special month. As we spring ahead lets take a moment to stop and "smell the roses", enjoy the outdoors and make the most of every day.

On March 12th Doc and Jill celebrated their 32nd wedding anniversary! *Woohoo!*

Wishing them many more happy and healthy years!

We appreciate you and, like always, we are here for you and your loved ones.



Stay safe and stay healthy,
Doc and Jill

Patient Success Story



No More Knee Pain

Prior to being treated at Active Health, Foong suffered from an overwhelming amount of knee and leg pain. Her knee was swollen often, and she had lots of pressure in her legs. She experienced pain from doing daily activities such as walking and going up and down the stairs. Foong also loves to exercise, so she was constantly disappointed that she couldn't exercise the way she liked and she needs to modify the few exercises she could do in order to not have pain. Foong ended up speaking with one of her neighbors about the pain she was experiencing, and she ended up being referred to us! After Foong was evaluated, her treatment in the office consisted of

doing therapeutic exercises and receiving H-Wave and ultrasound treatments. After completing her treatment, Foong is delighted to report that she is no longer in pain! Her knee is functioning very well, and she can do all the exercises she pleases with no issues. She is excited to even be adding weights to her workouts soon!

If you or anyone you know suffers with knee pain and wants to [FEEL BETTER](#) then...

Call 561-842-2273 or click the [BUTTON](#) below for a free consultation

Knee Pain
Treatment

Happenings in March 2021

Click the bold titles for some great facts!!



Every year March is designated [Women's History Month](#) by Presidential proclamation. The month is set aside to honor women's contributions in American history. Did You Know? Women's History Month started as Women's History Week

[Daylight Saving Time](#) begins on Sunday, March 14, 2021, at 2:00 A.M. On Saturday evening, our clocks need to "spring forward" one hour. "



[10 Things you didn't know about Passover](#)

Passover will Begin in the evening of Saturday, March 27th & ends on the evening of Sunday, April 4th.



[Fun Facts about St. Patrick's Day](#)

Wednesday, March 17th is St. Patrick's Day.

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