



**WEBER CHIROPRACTIC OFFICE, S.C.**  
*Making a difference in the quality of people's lives*  
Gentle Chiropractic Therapy – Acupuncture – Rehabilitation



***Another Year – Another Anniversary – 28 Years and Counting***  
***Thank you for allowing us to serve you***

A few weeks ago, I gave a program to the Rotary Club of Dubuque about what a modern, chiropractic practice, more specifically my chiropractic practice, consists of. I received very positive feedback from members saying that they didn't know we do all that! So for this anniversary letter, I thought I would briefly summarize what we do in the office and all the services we have at our disposal to help you.

First, **your doctor** is a **Diplomat of the American Board of Chiropractic Orthopedics**, which means that I have spent five additional years of study in orthopedics and have passed written and oral exams. Secondly, I am **certified in rehabilitation by the American Chiropractic Rehabilitation Board** and have taken more than two hundred classroom hours in this specialty plus a weeklong training in Europe, specifically in Prague, Czech Republic. I also have more than **250 hours in acupuncture training**, with 120 hours completed in the last year.

This gives us many options when you present your health problems to us. After an examination to determine the cause of the problem, a plan of action to resolve any issues is undertaken. **For example, take your typical lower back pain. The exam** tells us whether it involves a disc that has herniated, or joints in the lower back that are not functioning correctly. We can also determine if the feet are turned in, causing stress in the whole kinetic chain from the feet up. We can tell if some muscles are too tight or some are too weak and give appropriate exercises to address those issues. **Treatment** can consist of gentle, Activator manipulation to restore normal functioning of the joints, decompression therapy to decrease disc herniations, physical therapy (ultrasound, interferential, ice, laser) to reduce inflammation and swelling. **Specific exercises** are given to hold everything together and to prevent future problems. In more chronic cases, **acupuncture may be used** to help reduce pain and balance muscles in the lower back and to reduce sciatic (leg) pain. Acupuncture is also used very successfully in sinusitis, facial pain, carpal tunnel, arthritic joints and to enhance the immune system function.

The same process is applied to neck pain, headache pain, vertigo (dizziness), carpal tunnel pain, shoulder, elbow and wrist pain, hip, knee, ankle and foot pain that is seen daily in the office. Many times that sharp, stabbing pain just inside your shoulder blade is a rib that has slipped from its normal position.

**My 28 years of experience and constant learning provides me with a unique and current perspective** from which to evaluate and to treat the many challenges that our bodies present at times, hopefully **making your life healthier and certainly more comfortable.**

### **Dining Package Drawing**

The tradition started three years ago will continue this anniversary month, so again this year, we will be **giving away four dining packages.** The four restaurants selected are: **Timmerman's** in East Dubuque, **Fried Green Tomatoes** in Galena, **The Pepper Sprout** and **Catfish Charlie's** both in Dubuque. All of these establishments offer wonderful food, fun and unusual atmospheres and the opportunity for a great night out on the town. Every time you come into the office through June 3rd, your name will be entered into our drawing and you will be adding to the excitement of being in practice for over 28 years. Thank you for the privilege of helping each of you attain a better level of health.

***Again, thank you for being our patient!***  
***We appreciate you and look forward to serving you.***

***David J. Weber, D.C., D.A.B.C.O.***