

Way To Go Brad, on Completing the New York City Marathon

Star Chiropractic Patient

This month we are recognizing our patient, Brad P., as our Star Chiropractic Patient. Brad met Dr. Wolf at a health fair in the community. He was interested in coming to our office so that he could be treated for his low back pain and continue running. He had been told previously that in order for his back pain to improve he would need to stop running. This was not a solution for Brad because he had planned to run the New York City Marathon the first weekend of November of this year. So, we needed to have a special plan for Brad which included the chiropractic treatments, special rehabilitation



exercises for his back and legs, and custom made orthotics to wear in his shoes to help stabilize his feet and back. During the course of his treatment he was also training intensely for the marathon. His back pain and muscle cramping was held to a minimum and Brad successfully finished the New York City Marathon in November 2007!! Way to go Brad! Not only has Brad seen the benefits of chiropractic care and exercise for himself, but he has also referred his two daughters to our office. Brad will receive a therapeutic pillow from our office for being such a great patient.

Hours:

Monday:
8 am to noon
2 pm to 6 pm

Tuesday:
8 am to noon
Dr. Krsko only

Wednesday:
8 am to noon
2 pm to 6 pm

Thursday:
Dr. Wolf: noon to 6pm

Friday:
8 am to 1 pm

Saturday:
2 mornings per month

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Krsko Chiropractic Clinic Spinal Column

414-525-9500

Winter 2007

Mayor of Franklin Recognizes Importance of Chiropractic

More and more people in our community are searching for alternative and safer ways to get help with their health conditions. This last October our own Mayor of Franklin, Tom Taylor, recognized the importance of chiropractic and taking care of our spines. Mayor Taylor has signed a proclamation to declare October as Spinal Health Month for the city of Franklin. Our spines protect the spinal cord which carries communication from your brain to the rest of your body and vice versa. There is no such thing as a spine transplant so we must take care of the one we are given!



Left to Right: Dr. Mandy, Dr. Chris, Mayor Tom Taylor



Christine M Krsko, D.C.



Mandy Wolf, D.C.

You may read the proclamation by visiting our website at:

www.krskochiropractic.com

Happy New Year To You All

Well, it's been another great year for us at Krsko Chiropractic and we hope you all have had a great last year as well. This last year we had a few exciting things happen in our office:

- We celebrated Dr. Krsko's 30th year in practice.
- Dr. Wolf got engaged.
- Dr. Krsko and Dr. Wolf received their certification in nutritional counseling.
- Jessica and Joan received their certification to instruct rehabilitation exercise.
- Tracy and Michelle were added to our amazing staff.
- We added a foot scanner and an additional cold laser machine because of the great response we had with the first one.
- We moved things around in the office to incorporate a therapy bay to do exercises and therapies.

- We collected 500 pounds of food during our November food drive.
- We raised \$800 for the Fisher House organization for soldiers and their families.
- Between the doctors and staff we took over 300 hours of continuing education classes.
- We helped thousands of people improve their health and wellness this year!

We all hope that you have a great year ahead. Here is a great quote to get the New Year started.

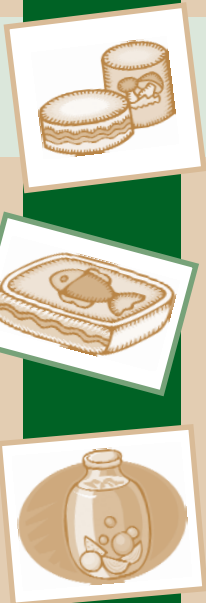
"Life's a pretty precious and wonderful thing; You can't sit down and let it lap around you....You have to plunge into it, you have to dive through it..." - Kyle Crichton

- In This Issue
- Mayor of Franklin Recognizes Importance of Chiropractic
 - Happy New Year (The Year in Review)
 - Food Drive Success
 - New Foot Scan Making a Difference
 - Oh My Restless Legs
 - New Patient Special
 - Upcoming Events & Conditions
 - Patient Completes New York City Marathon

Franklin, Wisconsin 53132

7000 South 76th Street

KRSKO CHIROPRACTIC



Food Drive Success. . .

Thanks to all of you who helped us collect food for the Good Samaritan Outreach Center this year. During the month of November we held a food drive in the office. Many of you referred your friends and family during the special week we held for them to receive the initial exam and x-ray in exchange for the donated food items. Our final collection weighed in at 500 pounds.

Thanks for all of your help!

New Foot Scan Making a Big Difference...

Lydia presented to the office with low back pain, pain down the back of her leg, and limping while walking. Because her insurance did not cover orthotics she hesitated to get them when Dr. Krsko suggested that they would make a big difference in

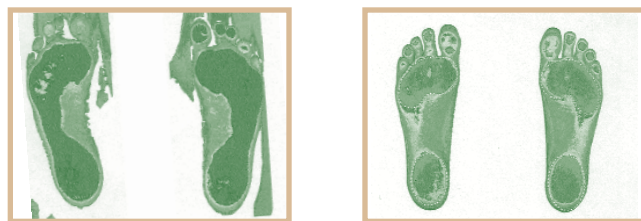
her condition. After 2 months of care and still having the residual leg pain, she decided to get the orthotics. Misalignments in the feet can cause problems in the rest of the body. Adjustments to the feet are an important part of the treatment plan, especially when using orthotics. Within 2 weeks of getting the orthotics and having her feet adjusted, Lydia's leg pain completely went away. Why? She was now able to hold her adjustments better because the orthotics were stabilizing her feet, knees, hips, and low back.

Audrey K. presented with neck and low back pain. Dr. Krsko recommended that she get her feet adjusted and get orthotics to help hold her adjustments. After getting her orthotics she began feeling incredibly better in her low back AND her neck. Yes, they can help your neck problem as well! Every day that Audrey gets treated now she thanks Dr. Krsko for looking outside the obvious problem of her back and getting her a product that will have long-lasting effects on her entire body.

Oh, My Restless Legs...

I originally began seeing Dr. Wolf for pain in my upper right arm which would wake me up out of a deep sleep at night. I also had restless leg syndrome that kept me awake, though I wasn't sure if chiropractic would help with that or not. I had been having the pain in my arm for about 3 months when I met Dr. Wolf at the place where I exercise. She performed a muscle stress evaluation on my neck and I decided to come into the office for a full evaluation. I have made great progress with the chiropractic adjustments and ultrasound. I am now sleeping through the night because my arm does not wake me up. I can do more activities around the house without the nagging pain at the end of the day. I also no longer need to take my pills for restless leg syndrome! I am very thankful for all of the staff at Krsko Chiropractic.

--Colleen F.



Schedule your complimentary foot scan at our office.

ALL NEW PATIENTS

Referred to
Krsko Chiropractic Clinic
by our patients
WILL RECEIVE:

- A Health History & Consultation
- An Orthopedic & Neurological Exam
- X-ray of one area
- A Report of Findings to the patient
- Computerized foot scan, taken standing, to assess the weight distribution in the feet.
- A value of \$300.00

That's right!

Krsko Chiropractic Clinic is offering ALL first day, new patient services for only. . .

\$20.08

January 1 – January 31

Upcoming Events

January	Refer your friends and family to receive their initial exam and x-ray of one area for the affordable rate of \$20.08	
January	We will be having our annual Wellness Drawing in the office. Enter your name during each of your visits and get the chance to win a fabulous collection of items to enhance your health, your mood, and your spirit for the New Year.	
Jan. 1	Office closed for New Years Day	
Jan. 9	How To Stay Young The First 100 Years Lecture	6:30pm
Jan. 21	Martin Luther King Day Appreciation for other business people who are not working on this day. Get a complimentary consultation, exam, and x-ray of one area!	
Jan. 23	How To Stay Young The First 100 Years Lecture	6:30pm
Jan. 26	Office Closed. We will be at a seminar in Chicago	
Feb. 6	How To Stay Young The First 100 Years Lecture	6:30pm
Feb. 14	Get a special Valentine's gift at your scheduled office visit	
Feb. 20	How To Stay Young The First 100 Years Lecture	6:30pm
Mar. 5	How To Stay Young The First 100 Years Lecture	6:30pm
Mar. 19	How To Stay Young The First 100 Years Lecture	6:30pm
Mar. 29	Office Closed. We will be at a seminar in Chicago	
April 2	How To Stay Young The First 100 Years Lecture	6:30pm

Eat Healthy



Exercise



Relieve Stress

See Your Chiropractor!

Thanks for referring your family & friends to chiropractic!

Dr. Christine Krsko and
Dr. Mandy Wolf

(414) 525-9500

Call for your appointment today!

Upcoming Conditions of the Month

January: Whiplash
February: Fibromyalgia
March: Osteoporosis
April: Carpal Tunnel Syndrome

*People with questions or concerns about any of these conditions may schedule a complimentary consultation with Dr. Krsko or Dr. Wolf.
Call 525-9500*