

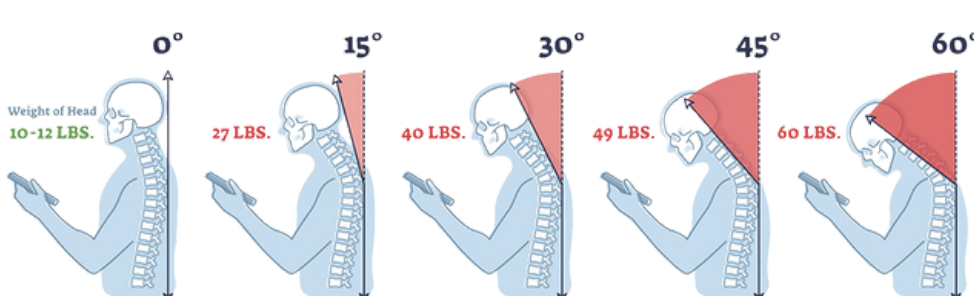


# Musculoskeletal Awareness

## Aligning for Wellness and Enhanced Well-being

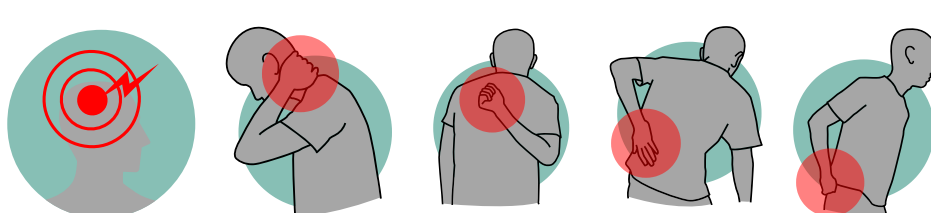
### Reduce Pain

Poor posture leads to misalignment of the spine. This leads to strain and weakness of the neck muscles.



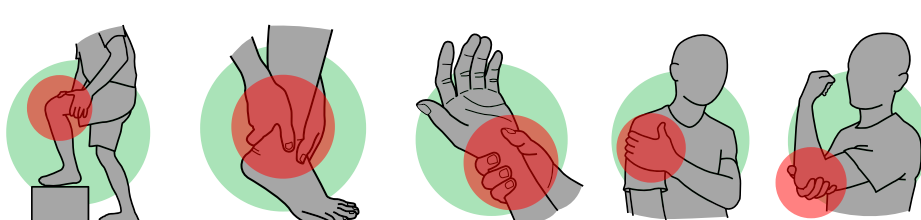
### Restore Function

Visit the MWC chiropractors for conditions such as headaches, neck pain, upper back pain, and hip/low back aches & pains.



### Revive Mobility

Physical Therapists are trained to evaluate and treat all of your joint pains and muscle strains.



## Did You Know?

### Musculoskeletal Mavericks: Breaking the Chains of Pain



#### Nurse Practitioner

Nurse Practitioners can play a crucial role in treating and referring patients to ideal providers for musculoskeletal complaints.

- Discuss common conditions
- Provide relief with proper medication
- Refer and collaborate with Chiropractors, PTs, and other Specialists

Click [here](#) to schedule with MWC NPs.



#### Chiropractor

Focuses on assessing and correcting misalignments, primarily of the spine, to enhance biomechanics and body function.

- Non-invasive and drug free
- Diagnostic imaging to identify misalignments or abnormalities
- Manipulations to realign the spine and other joints

Click [here](#) to schedule with MWC Chiropractors.



#### Physical Therapists

Physical Therapists evaluate your body through movement analysis, postural assessments, and functional tests.

- Therapeutic exercises are prescribed to improve body form and function
- Joint mobilizations, soft tissue work, and myofascial release are commonly used treatment modalities

Click [here](#) to schedule with MWC Physical Therapists.



#### Fitness Class

Exercise classes like Pilates, strength training, and stretching play a vital role in promoting musculoskeletal alignment and body awareness. Through targeted movements, these classes help improve:

- Posture
- Flexibility
- Strength in supporting muscles

Regular participation can lead to improved musculoskeletal function.

## A Focused Look

### Benefits of Our Skeletal Support System

#### Flexibility Unbound

Flexibility is the key to fluidity and freedom of movement.



#### Pain Erased

Chronic pain can be debilitating, but musculoskeletal awareness holds the key to liberation.



#### Well-Being Amplified

Musculoskeletal awareness provides a gateway to holistic health, boosting confidence, fostering self-awareness, and elevating our overall quality of life.



## A Word From Our HSS Affiliate



As the warmer months approach, many of us are looking for ways to get outside and get active. Pickleball is becoming an increasingly popular sport for people of all ages and fitness levels, but don't be fooled by its name. Pickleball can be quite strenuous, especially if you haven't been active in a while.

Click [here](#) to learn from an HSS physician about stretches to help prevent injury and keep you on the court.

## Rehab Corner



Improve your hip and ankle stability with this dynamic exercise. Enhance your overall balance, mobility, and prevent injuries.

Click [here](#) for video.



Step up your health!

Are you looking for a simple yet effective way to improve your health? Harvard Alumni Health study reported that climbing stairs reduces mortality risk.

Click [Harvard](#) for full article.