

Chiropractic Topics

Doctor's Name: _____

Please Note: There's usually only enough room for 2-3 articles in a semi-custom newsletter and about 7 in an all-custom. Please number your choices in order of preference. We'll fit in as many as we can, in that order. Keep this master topics list to refer to each issue.

Anatomy

- Back basics
- Feet (Get a foothold on good health)
- Low back care
- Muscular system
- Nervous system
- Posture
- Skeleton
- Spinal column
- Spine & nervous system (how they relate)

Conditions

- Allergies
- Arm and hand pain
- Arthritis
- Auto injury
- Carpal tunnel
- Colds and flu
- Digestive problems
- Disc problems
- Fatigue
- Headaches
- Herniated discs
- Hip, leg and foot pain
- Intestinal problems
- Low back pain
- Menstrual problems
- Migraines
- Neck aches
- Numbness
- Osteoporosis
- Painful joints
- Pinched nerves
- Sciatica
- Scolosis
- Shoulder pain
- Soft tissue injury
- Sports injury
- Stress
- Subluxation
- TMJ
- Whiplash
- Workplace injury

Family-related

- Babies and chiropractic
- Back to school tips
- Backpack safety tips
- Buckle up for safety
- Children and chiropractic

- Chiropractic for the whole family
- Pregnancy and chiropractic
- Seniors and chiropractic
- Women's wellness

Treatment

- Acupuncture
- Applied kinesiology
- Adjustments
- Massage
- Orthotics
- Trigger Point
- Using heat and ice

Quiz/tests

- 15 warning signs of an unhealthy spine
- Do you need to see a DC?
- How good are your chances for staying healthy?
- How healthy are you?
- Personal wellness check-up
- Simple home tests to check your spinal health

General Info

- Athletes and chiropractic
- Carrying too much?
- Chiropractic for overall health
- Chiropractic: What is it?
- Computer user tips
- Do's and don'ts
- Don't look for quick fixes
- Drug-free health
- Drug reactions and side effects
- Ergonomic tips
- Exams (general)
- Four phases of chiropractic care
- Frequently asked questions
- Good back home care
- Good habits for good health
- History of chiropractic
- Invest in your health
- Lifting tips
- Maintenance care
- New year's resolutions
- Other side of drug abuse
- Pain is a symptom, not a disease
- Preventing injuries

- Primary care provider
- Start the new year out right
- Straighten up for good health
- Take care when playing sports
- Tips for proper posture
- Tips for the new patient
- Weekend warriors
- What does a DC do?
- What it takes to be a chiropractor
- What kind of people to to a chiropractor?
- What to do after an auto accident
- X-ray safety

Nutrition/Fitness

- Back exercises
- Before you start a fitness program
- Benefits of water
- Eat right for your health
- Facts on fiber
- Fitness and exercise
- Neck exercises
- Nutritional supplements
- Office exercises
- Soft drink dangers
- Stretching
- Tips for good nutrition
- Walking for fitness
- Water benefits

Seasonal

- Have you been hibernating?
- Keep cool this summer
- New year's resolutions
- Spring tips
- Tips for the gardener
- Wintertime warnings

Filler

- Counting sheep and still no sleep
- Don't get your back up
- Let sleeping limbs lie
- Spine facts
- Workers: A variety of bones

Office

- Appointment breaking
- Care Enough to Share program

- Continuing education
- End of the year reminder
- Financing options
- Insurance (filing)
- Insurance (general)
- Insurance (how it works)
- Insurance (types accepted)
- Managed care
- Maximize your insurance
- Office policies
- Office report card
- Patient news
- Patient testimonial
- Product promotion
- Record update
- Referral (contest)
- Referral (list)
- Referral (program)
- Referral (thanks)
- Rescheduling appointments
- Staff intro
- Staff news
- Success Story (testimonial)

Custom Topics

- Provide a description below
