



Success Story - Hand and Arm Numbness

"It's weird; I am starting to be able to feel in my arm and hand again. I've been doing those exercises you gave me, because you made me promise I would. I've noticed I don't have to look down as much to type because I know where my hand is now" –Patient

It's not weird, it's awesome, and it's what we're doing over here.

The patient above has a disc protrusion in her neck, poor posture, and broken movement patterns due to desk and computer work. We've been working with her to restore proper posture and alignment, improve her ranges of motion, and teach her how to move. Her results have been fantastic – they've exceeded her expectations – and we're not done yet!

Spine Chiropractic – Better. Faster.

Our focus on [chiropractic adjustments](#), myofascial release techniques, and functional movements/exercises leverages simple yet powerful ideas to see results that exceed what most people have come to expect.



If you're experiencing less than your absolute best and don't know exactly *why*, do not wait, call us at **(530) 809 – 2695** to schedule an appointment with Dr. Jesse Smith and he will work with you to discover what is holding you back. More than that, you will learn what you can DO about it.

"If you want to feel like you've never felt, you need to do something you've never done."

Come Join Us!

www.spinechico.com