

Having trouble viewing this email? [Click here](#)

# South Sound Pain Relief Clinic E-News

## In This Issue

[Creating a Strong and Stable Low Back](#)

[Chronic Neck and Upper Back Pain](#)

[Massage for Sports Injuries](#)

[Dr. Neely's New Hours](#)

[Facebook & Free Massage!](#)

Issue: # 2

February 2010



Welcome to the February, 2010 SSPRC E-news! E-news gives us an opportunity to keep you updated about clinic-related news, important healthcare updates, and provide you with the opportunity to read about the various treatments we offer. If you have any specific questions, don't hesitate to give us a call!

## The Doctor's Corner

### Creating a Strong and Stable Low Back



#### Self-care Training for Low Back Pain

Developing a good home care regimen of stretching and strengthening for the low back can help avoid acute low back pain flares and can even mitigate some uncomplicated, mild low back pain flares. Learn a good basic approach here...

[Read On](#) (scroll to "Self-care" pdf at bottom of page)

### Chronic Neck and Upper Back Pain?

#### Graston Technique Helps!

Like we talked about in the last issue, Graston Technique (GT) breaks up adhesions in the fascia, which contribute to those chronic tight muscles, cables, and knots we all have. Most patients with chronic neck and upper back pain notice a significant change in pain, tissue feel, (looser) and range of motion in as little as 1-3 treatments.



[Read More at the Official GT Website](#)

## Massage Therapy Corner

### Spring's Here! Starting a New Exercise Kick?



With all the beautiful weather we have been

having, many folks are getting outside again and starting to get more active after the long Northwest winter. Along with that comes the aches and pains of going back to more physical activity. Massage for sports related activities is a very effective way to manage the inevitable pains and possible injuries that may crop up while you are getting back in shape. Take advantage of our massage services to help ease you back into a more active 2010!

Read more about our [therapists](#) and our [services](#).

### **New Clinic Hours for Dr. Neely**

As of March 1st, Dr. Neely will have new clinic hours:

Monday: 8:30-1:00 and 2:30-6:00  
Tuesday: 8:30-12:00 and 12:30-4:30  
Thursday: 8:30-1:00 and 2:30-6:00  
Friday: 8:30-12:00 and 12:30-4:30

The changes in clinic hours will better serve patients who need more available lunch time appointments.

### **SSPRC on Facebook + Free Massage!**

Yes, it's true! For those of you not already aware of it, we have a Facebook page. If you are on Facebook, please become a fan, post comments on your experiences with us, etc.

Starting in March, we will also begin a new monthly free 1/2 hour massage drawing for our fans. Every month there will be three, 1/2 hour massage drawings, 1 per therapist. So be sure we have your best contact information!

If you would like more information about the clinic, please visit our website at [www.southsoundprc.com](http://www.southsoundprc.com). If you have specific questions, please feel free to send us an e-mail at [southsoundprc@hotmail.com](mailto:southsoundprc@hotmail.com)

**Sincerely,**

Dr. Neely  
South Sound Pain Relief Clinic  
360-943-2940

#### **[Forward email](#)**

#### **SafeUnsubscribe®**

This email was sent to southsoundprc@hotmail.com by [southsoundprc@hotmail.com](mailto:southsoundprc@hotmail.com).  
[Update Profile/Email Address](#) | Instant removal with [SafeUnsubscribe™](#) | [Privacy Policy](#).

Email Marketing by



South Sound Pain Relief Clinic | 2625B Parkmont Ln SW, Ste A | Olympia | WA | 98502