

Ever Have This Happen to YOU?

You're stuck at work late,..again. The bills need paid. Your spouse or kids are stressing you out. The phone is ringing. The dog is barking. Everyone is pulling at you for something. The list goes on....

Now, how does your Neck and Back feel? A little tense? Tight? But by the time you stop to relax, you're too tired to do anything about it. We've all been there.

Stress is a part of life and it's always going to be one way or another. We can't avoid it. But too often, we just don't realize the effects it has or what it does to us.

It can create aches and pains. Tension, lousy moods and poor posture. It also robs us of valuable time, and the pleasure of doing things we like, or need to do.

From a normal work day, to doing errands around the house, our daily routines stress our body in the 4 most common areas: the Neck, Back, Hips and Knees.

Some experience **Neck Pain** or **Headaches**. Others get **Sciatica** or **Low Back Pain**. Possibly **Muscle tension, Spasms** or **Sore Joints**. It can hurt to sit, stand or even sleep!!

This is where I come in. You see, we **ALL** need treatment or at least a tune up from time to time. We provide services to give you **Relief** from this annoying pain.

However, I hear excuses like "**I don't have time**" or "**Maybe it will just go away**". We've all said it, but what's your "tipping point" to take action?

Look at yourself in a mirror. Do you see one shoulder higher than the other? Do you notice your shoes wearing unevenly? Maybe one leg seems longer than the other? These are just a few indicators that your body is compensating from something you're doing or you did. It could surprise you.

Life is busy and gets in the way for all of us. Have as much fun as possible. Do all the things you love to do. If you're having a hard time or something hurts, call me. I can help. Don't let it limit you.

Some come just for **Relief**. Others come to avoid problems. Either way, it's up to you. I treat you exactly the way **YOU** want it so you can keep doing the things you enjoy. Our goal is to make sure you're properly taken care of and **out of pain!** No long term plans or unnecessary procedures.

Come see us. Appointments aren't necessary unless you request one, and walk-ins are always welcome. See you soon and share this with someone you care about!



Dr. Scott M. Pint
Neck and Back Pain Specialist

7950 Saltsburg Road Plum, PA 15239
www.scottpint.com 412-793-3700