

**Enter our first contest!**  
**Name our Newsletter and win a prize.**  
**Bring or mail your suggestion to 28 Sovereign St. E.,**  
**or email us at [drthompson@drthompsonchiropractic.com](mailto:drthompson@drthompsonchiropractic.com)**

Waterford office # 519-443-6663 Simcoe office # 519-426-8330

Dr. Marshall Thompson

**Volume 1, Issue 2**

### **Dr. Thompson's Message about Low Back Pain (S.I. Syndrome):**

Back pain is a major health problem in today's society. Well over 90% of individuals have suffered from uncomplicated mechanical back pain and its course is generally recurrent or fluctuating in nature.

A common cause of uncomplicated back pain is known as S.I. Syndrome. S.I. refers to the Sacroiliac (S.I.) joint. S.I. joint syndrome can be caused by trauma such as a fall but micro-trauma from trivial activities such as prolonged bending or lifting is more common.

Some of the common symptoms of S.I. joint syndrome include: 1) low back pain 2) buttock pain 3) thigh pain and 4) difficulty sitting for extended periods. This syndrome is often overlooked since many physicians are reluctant to believe a joint that has little movement can cause back pain.

S.I. joint syndrome responds very well to chiropractic care. In the initial stage of treatment, ultrasound or interferential therapy can be used. The second stage involves a low back adjustment.

If you suffer from low back pain, the S.I. joints may be the cause. **Give our office a call to find out. 519-443-6663**

### **Welcome to Nicole Schram**

We are pleased to welcome Nicole Schram as receptionist to our practice. She is the first face that you see when you come into our office and the first person you speak with when you call in for your appointments. She is here to offer our patients the highest level of service and provide the community with information about chiropractic care.



*The doctor of the future will give no medicine but will interest his patients in the care of the human frame, in diet and in the cause and prevention of disease.*

*Thomas Edison*

***New Patients Welcome!***

### Beef and Bows Stir-Fry

*Add more dried crushed chillies to zip it up even more if you like.*

8 oz. Bow pasta  
3 qts. Boiling water  
1 tbsp. Cooking oil (optional)  
2 tsp. Salt

1 tbsp. Cooking oil  
¾ lb. Sirloin steak, sliced into 1/8 inch thin strips  
Sprinkle of salt

1 tsp. Cooking oil  
2 cups sliced fresh mushrooms  
1 medium red pepper, cut into ¾ inch squares  
1/8 tsp. Dried crushed chillies

2 tbsp. Grated parmesan cheese  
2 tbsp. Chopped fresh parsley

Grated parmesan cheese, sprinkle

Cook pasta in boiling water, first amount of cooking oil and salt in large uncovered pot or Dutch oven for 12 to 14 minutes until tender but firm. Drain. Return bows to pot. Cover to keep warm.

Heat wok or frying pan on medium-high. Add second amount of cooking oil. Add beef strips. Stir-fry until desired doneness. Sprinkle with salt and pepper. Transfer to bowl.

Add third amount of cooking oil to hot wok. Add mushrooms, red pepper and crushed chillies. Stir-fry for 2-3 minutes until tender. Add beef. Heat through.

Add Parmesan cheese and parsley. Toss. Spread pasta on platter or 4 individual plates. Spoon beef mixture over top. Sprinkle with Parmesan cheese, serves 4.

### What's New...

Radial Shockwave Therapy is new to our office. If you suffer with chronic hip, foot or shoulder pain then Radial Shockwave Therapy might be the answer you are looking for. Call our office today to schedule a consultation.

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### WIN AN ELEGANT DINNER FOR TWO ON US!!

Our office staff have decided that we should show appreciation to those who refer new patients to our office for chiropractic care. A thank you card was just not enough to show our true gratitude for their confidence and enthusiasm in us.

So, we came up with what we feel is the perfect way of saying thank you. Approximately every 4 months we will have a draw. Our first draw is for an elegant dinner at the prestigious **Belworth House**, located at 90 St. James St., S., in Waterford.

#### Contest Rules:

1. When you visit the office, you will be given a referral card (or cards) with your name on it.
2. Give this card to a friend or family member who you believe would benefit from chiropractic care.
3. Tell your friend or family member to bring in the referral card when they come in so it can be entered into our draw.

Remember...the more cards you give out, the greater chance you have of winning!

