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For Immediate Release

DID YOU KNOW THAT OCTOBER IS SPINAL HEALTH MONTH?

Most people schedule regular doctor appointments and dental check-ups, but neglect one of the most important parts of their body -- their spine, according to Dr. Joe Dunn of the Dunn Wellness Center. Dr. Dunn joins doctors of chiropractic throughout the U.S. as they promote Spinal Health Month during October. The month is designed to inform the community about the importance and benefits of spinal health.

Today, chiropractic care is not just a challenge for some individuals. In fact, over 80 percent of Americans will suffer from back pain in their lifetime. And the cost of treating back pain and injury has reached a national high of \$90.7 billion.

However, you can take steps to maintain proper spinal care. Dr. Dunn offers the following tips to help reduce your risk of spinal injury while at work, home or school:

- Use a headset or speaker phone instead of holding the telephone between your shoulder and ear.
- Make sure your office chair fits you correctly. You should allow 2 inches between the back of your knee and the front edge of the seat.
- Stretch before you perform any physical activity.
- Make sure children's backpacks are not putting too much strain on their backs. A child should carry less than 10% of their body weight.
- Remember to bend your knees and utilize your arm and leg muscles to lift. Never bend from the waist to lift.

H. Joseph Dunn, Jr., DC, DABCN, is the medical director of Dunn Wellness Center. He has been a specialist in his field since 1986 and a leader in the Chiropractic industry throughout the state of Florida. Dr. Dunn is trained to adjust and manipulate the spine to relieve pain, encourage the body's natural healing process and correct the origin of pain.

To learn more about spinal health or chiropractic care, visit the website for the Dunn Wellness Center at www.dunnwellness.com. Dunn Chiropractic Wellness Center provides seminars, services and educational materials to organizations throughout North Florida promoting wellness and proper spinal care. For more information call (904) 249-1551.

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