



SANTIAGO CHIROPRACTIC ASSOCIATES

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Pignatelli Completes Summer Internship with SCA

Lake Hiawatha, NJ, September, 2012 —

When the phone first rang and soon to be high school junior Samantha Pignatelli of Parsippany, NJ was on the line asking if it were possible to spend some time in the office through-out the summer to help her gain experience in the field of sports medicine, SCA was unaware of the gem they had found. Sam, a student at Parsippany High, has already achieved much success both academically and athletically. Top three in her class, Sam also helped her soccer team reach the State Sectional Finals last season and made First Team All-Conference as both a sophomore and freshman on Parsippany High's Varsity Track Team. With a personal best time for the mile of 5:10.17, Sam's speed also benefited her team in becoming Conference Champions last spring.



This summer, Sam spent time learning the ins and outs of an office gaining experience with reception, office management, billing and insurance. Additionally, she received training in radiograph development, our biomechanical analysis software and was able to observe several different techniques used at SCA including chiropractic manipulations, instrument assisted soft tissue techniques and laser treatments.

"In a world where there are so many distractions for the younger generation, it is somewhat rare to find kids with the courage and motivation to seek out an opportunity the way that Sam did. Having her in our office was an absolute pleasure and we look forward to having her back when possible and watching her continued success both on and off the field in the future," said Dr. Santiago.

Sam hopes that her experience with SCA will help her to reach her ultimate goal to become an Orthopedic Surgeon and we wish her the best in all future endeavors!

Is Your Child's Backpack Making the Grade?

It's that time of the year again and Santiago Chiropractic wants to make sure you and your children are familiar with the general rules for backpack safety. Improper use of backpacks can cause neck pain, back pain and even headaches. Guidelines to prevent these issues—

1. Backpacks should be no more than 10-15% of the child's weight.
2. Backpacks should be worn high on the back, not fashionably low near the hip.
3. Heavier items should be placed closest to the body distributing load and making carrying easier.



CONGRATULATIONS...

To the Parsippany-Troy East Team for their incredible journey to Williamsport PA for the Little League World Series...
You have made us all so proud!

4. Wide, cushioned straps should be worn on both shoulders to prevent nerve injury.
5. Bags should be lifted by squatting, using the knees.
6. Backpacks must fit between shoulders and waist, and not be wider than the rib cage

Incorrect



Correct

