



SANTIAGO CHIROPRACTIC ASSOCIATES

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Doctor Scarano Receives ConnecTX Therapy Certification Credentials



Lake Hiawatha, NJ, April, 2013—

Dr. Julie Scarano recently completed the requirements of New York Chiropractic College's ConnecTX Therapy course (www.connectxtherapy.com).

ConnecTX is the latest form of instrument-assisted soft-tissue mobilization (IASTM). The treatment uses a hand-held

According to Dr. Scarano, "Trauma or malfunction of fascia can create an environment of poor cellular efficiency, necrosis, disease, pain and dysfunction throughout the body, profoundly influencing cellular health and the immune system. ConnecTX Therapy reduces treatment time, fosters rehabilitation and recovery, obviates the need for anti-inflammatory medications, resolves chronic conditions previously thought to be permanent and enables patients' reengagement in daily activities."

The instrument itself is specially designed to fit the contours of the body, aiding in diagnosis and effectively treating pain and its causes. Conditions most commonly treated with ConnecTX Therapy include sprain/strains, nerve entrapments, myofascial trigger points, over-use syndromes, scar tissue adhesions and tendonopathies.

instrument to enable the practitioner to detect and treat scar tissue and fascial restrictions afflicting soft tissue. Treatment includes the introduction of micro-trauma to the affected area to break down scar tissue and adhesions and to trigger a local inflammatory response which, in turn, initiates the reabsorption of scar tissue facilitating the healing process. Patients will ultimately experience enhanced ranges of motion and increased flexibility.



LINCOLN TUNNEL CHALLENGE



**LAST CHANCE TO REGISTER,
RACE DATE APRIL 28th - See you there!**

DIRECTIONS:

- Go to www.LTC5k.org, click on "Register"
- Read the statement on right, click on "I agree"
- Click on "Join a Team"
- Select "Santiago Chiropractic" & click "Continue"
- Follow the directions to complete registration



Foods that are fresh and in-season offer the most flavor and nutritional value and are often more affordable. Incorporate these 10 fresh and healthy spring foods into your meal plan to add variety & improve overall health:

- | | |
|-----------------|----------------|
| 1. Beets | 6. Blueberries |
| 2. Peas | 7. Radishes |
| 3. Strawberries | 8. Basil |
| 4. Artichokes | 9. Asparagus |
| 5. Kiwis | 10. Grapefruit |

ATTENTION PATIENTS:

Please note, our office will be closed from April 8th - April 15th. We will re-open Tuesday, April 16th, with extended hours from 9AM-12:30PM and 4-6:30PM.

