



Logan Valley
CHIROPRACTIC

3014 PLEASANT VALLEY BLVD, ALTOONA PA 16602

(814) 944-8483

HOURS OF OPERATION:

MWF: 8:00 - 12:00 & 2:00 - 6:00

TR: 2:00 - 6:00

Change is a good thing.

At Logan Valley Chiropractic, we welcome recent changes to our office; keeping us at the head of the class for your pain management

Issue 1, June 2011



Upcoming Events

- June 3, 2011 Blair Orthopedics FREE Employee Massages
- June 13, 2011 Penn State Altoona Nursing Students receive FREE Massages
- June 20, 2011 Curves on Pleasant Valley Blvd., Members receive FREE Massages
- July 4, 2011 Hollidaysburg YMCA Race, All Participants receive FREE Massages AND Adjustments

Welcome, Dr. B!

Dr. Mickey Bumbarger, DC

Doctor of Chiropractic, Athlete, Wellness Educator

Dr. Bumbarger joins the Logan Valley Chiropractic team with expertise in sports performance and injury management. He is a graduate of New York Chiropractic College, where he was granted a Doctorate in Chiropractic with Honors Distinction. Dr. Bumbarger holds a Bachelors of Arts degree in Mathematics and Statistics from Bloomsburg University. He is a semi-professional athlete, who has played soccer with such teams as, The Reading Rage.

Dr. Bumbarger is a board certified chiropractor, committed to wellness and excellence in care. He is enthusiastic and skilled, providing custom treatment programs for all patients. Dr. Bumbarger uses his sports background to provide the best understanding available for injury management, prevention and performance.



Want Logan Valley Chiropractic to come to your work, for free?

We support company wellness initiatives through our no cost Wellness Support Program. Call the office at (814) 944-8483 or email michelle@loganvalleychiropractic.com for more information.



Massage Therapy

Getting Better Faster

Why Chiropractic and Massage are so connected:

Massage extends the benefits of a chiropractic adjustment. Nearly every patient that has received a massage either pre- or post-chiropractic adjustment has experienced a decrease in muscle tension, an increase in flexibility, and longer sustained benefits from the adjustment. **Chiropractic adjustment extends the benefits of a**

massage. When a patient receives a massage without an adjustment, they often incur repeat visits with similar complaints due to only temporarily relief of symptoms.

Massage and chiropractic both touch components of the skeletal system.

Chiropractors deal with the nervous system, which includes aligning the vertebral column as well as all of the other joints of the body. Massage

therapists deal mainly with the musculoskeletal system. So, in general, chiropractors deal more with the nervous and skeletal systems, whereas massage therapists deal mainly with the muscular and skeletal system.

"When the Body Gets Working Appropriately, the Force of Gravity Can Flow Through. Then, Spontaneously, the Body Heals Itself."

-Ida Rolf

Beyond its anecdotal benefits, we stress the fact that massage therapy has also been proven to be advantageous through clinical research studies. Results indicate that the post-massage reduction of stress hormones circulating through the body is quite dramatic when compared to pre-massage levels.

Our Massage Therapists:

Sherry:

- Wednesday: 8-12 & 2-7
- Thursday: 2-6
- Friday: 8-12 & 2-7

Cindy:

- Monday: 8-12 & 2-7
- Tuesday: 2-6

