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# Spectator

November 2021



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Publishers, Shellie & Scott Farrugia

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# It's All About Community!

## Thanks for Everything!

We all know the theme of most November publications, but I'd like to be so bold as to avoid some of the sappy stuff and add some humor. Guess what? I'm grateful. I hope you are, too! I'd like to give thanks for things I often forget to say, and will definitely not be mentioning over turkey. Thank God that I didn't get pulled over when I missed the stop sign, my make-up wasn't on yet, and was only wearing pajamas. Thanks to those of you who didn't embarrass me by mentioning the stacks of mail, assortment of shoes (in every size and style...thanks, kids!) and unfolded laundry in our living room. Thanks to my dogs and parrots who are always excited to see me. Thank you to my amazing husband for trudging to the barn in the early morning rain to fix fences and a water main (country living at its finest) in a flooded, mucky horse stall.

More importantly, November is the time for us to be grateful for the brave men and women who are the backbone of our armed forces. Thanks to every person who has put their own life at risk to protect our country, our freedom, and our children. Please acknowledge someone you know who serves or has served in the military on Veterans Day, November 11... or take the time to honor them during the entire month of November. They serve us EVERY day. Let's give them 30 in 2020.

**God bless your family and each and every one of our troops,**

Shellie & Scott

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## The Diary of a Grateful Heart

By Wylie Farrugia

*The first cold front of the season creeps down every street*

*Gifting us a much needed break from the blistering heat*

*Children rush outside to test the chill in the air*

*The spirit of the autumn season can be found everywhere*

*Students flock to the high school stadium for those exhilarating friday night lights*

*The marching band plays "the eye of the tiger" while the colorguard twirls along in matching tights*

*Mothers call aunts, who call grandmas, who call cousins*

*To make plans for the big feast, with family recipes to choose from by the dozens*

*There's excitement infecting every household from Broward county down to dade*

*Preparations are in place and plans have been made*

*The hope of reuniting after a couple of rough years*

*Brings even the toughest of men to allow themselves joyous tears*

*The nostalgia of happy memories are replayed in conversation*

*Warm hugs and kind gestures are shared throughout the nation*

*Look how strong we are when we lift each other up and unite*

*We can melt away heartbreak and spread our light*

*This season, I am thankful for every uplifting soul*

*Working together, as a family, as a community, as a whole.*

This year it's been a blessing to reconnect with family members and friends I've missed. After such a long time of chaos and uncertainty, seeing and catching up with loved ones seems to melt away fear and spark the anticipation of new beginnings. Fresh lines on elder's faces expose new milestones and laughter which has occurred in our time apart, revealing new stories to share in conversation.

If you are lucky enough to experience the reunification of loved ones, remember to express gratitude. If you are able to read this article, you are blessed with the ability of sight, remember to express gratitude. If you are able to wake up and hear the lovely song of the mockingbird, remember to express gratitude. If you are able to taste the savory flavor of a juicy turkey leg, remember to express gratitude. If you are able to feel the warm hug of a friend, remember to express gratitude.

My message to you this November is to express gratitude however you see fit. Examples of this could be by repaying strangers with random acts of kindness, by voicing your feelings towards somebody who's made an impact on your life, by cooking a meal for a family that may be grieving the loss of a loved one, or even by inviting a lonely individual to sit at your table for a Thanksgiving feast.

We are all doing our best to find a safe place in this world, to overcome adversity, and to make our mark. Remember to express gratitude when you embark on this spectacular journey of life... for the seemingly small things, make up a wonderfully big picture with priceless moments filling in the spaces. I want to personally thank the Parkland and Coral Springs community for supporting my family's magazine - The Spectator - during its 20 years of business. My parents put their heart and soul into this, and I have watched with admiration throughout my life. Without you Readers, this piece of vital community information wouldn't be made possible. We are forever grateful for your support and loyalty!



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## Meet The



# Friedland Family

**More than thrilled that they settled into Parkland** 5 1/2 years ago, Pete and Jeanna Friedland and their two sons, AJ, 10, and Garret, 4, have nothing but positive things to say about life there. If their goldendoodle could talk, Meiko would agree!

Pete works for Southeast Toyota Distributors, LLC., serving as the Director of Retail Training, supporting dealers in the 5 southeastern states of NC, SC, GA, AL & FL.

Jeanna is the lead VPK Teacher at First United Methodist Church Preschool in Coral Springs. She tells us, "This is my third year at FUMC and I just love it! The staff and administration are amazing and the families that attend are lovely." Jeanna is also the sole proprietor of an Etsy shop, Vinyl Gifts and Things, where she makes custom vinyl decals and other fun personalized items.

AJ has been involved in various sports provided through the PREC center including soccer, t-ball, basketball, and flag football. He is currently playing flag football and is on the (co-ed 10-11) Patriots. He has also been doing martial arts since the age of five, and is a brown belt! He will be testing soon for his black stripe.

Garrett has participated in i9 sports soccer league and has recently started karate. He's following in his brother's footsteps and already talks about being a black belt one day.

AJ is in the 5th grade at Riverglades Elementary. He especially enjoys the special areas STEM and PE, recess, and lunch. Garrett is in VPK and attends First United Methodist Church Preschool (same one that mom works at) and loves everything about school.

This family is so much fun, and with everything they do together there are plenty of laughs. When asked about athletic pursuits of their own, Jeanna replies, "We have rescued numerous baby turtles out of our pool, and nursed them until old enough to return to our pond at the back of our property! We named them all the same; "Shelly"! One has become a classroom pet in our VPK class."

When it comes to family time, Pete fills us in. "If it's an outdoor activity—we are all-in! Camping, Dirt-biking, Taking the side-by-side to the Everglades, we recently joined a boat club and are very excited to start getting out on the water for a change."

Jeanna and Pete are so pleased with life in Parkland. Pete tells us, "We love our neighborhood, The Ranches. When relocating to South Florida, we looked at homes in every corner of S. FL. As soon as we pulled up to our house, we knew it was the one. The land it sits on, and the surrounding area was just a little slice of heaven that we knew we needed in our lives."

Reflecting on life for the last 19 months or so, Jeanna tells us, "I think that living through this pandemic has really grounded us as a family and brought us closer together. It forced us to stop all extracurricular activities that always had us on the go, rushing to get homework completed, dinner eaten, bathed, and in bed at an acceptable hour. Not having the extras helped to bring a calming peace to our lives and allowed us to enjoy each other more than always being in a frantic state of 'go.'"

The Friedlands attend Coastal Community Church, and Jeanna fills us in. "We love everything the church has to offer. The kids really love going to Coastal Kids and AJ can't wait to get more involved when he's in middle school. It is a great addition to Parkland!"



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# Parkland Rec Flag Football

By Shellie Miller

So often, I'm asked about the best sports to get kids participating in from a very young age. Being so involved with athletics, I've had a lot of years experience, and five grown children to give an informed opinion. Eligibility for flag football sign-up begins with kindergarten, and I highly recommend this fun, athletic activity to every family! The inter-connectivity, team spirit, and family friendships that are born from these encounters on the field are priceless!

Parkland Flag Football league president Matt Kaufman is passionate about the program that both his son and daughter have participated in and love. When I talk to Matt about girls participation, he says, "Girls flag football is now a scholarship sport, and how many girls are out there playing soccer, lacrosse, golf... etc? It's become such a phenomenon for girls to become empowered by playing!" Impassioned by our line of discussion, he goes on. "On top of it, it's social! They make friends, they compete, they learn how to accept direction, winning or losing. For the girls, it's not just about the sport, it's the community piece that's so important to them. To me, it's the ideal way for them to come out of their shells... To be confident! And they are having fun!"

The growth of the program for both genders has changed rapidly, and Matt attributes much of it to the guerrilla marketing of the families who appreciate it and look forward to seeing its expansion. A decade ago, the league had about 500 participating... Today, there are 920 children in the program filling out 95 teams, with an expansion of both boys and girls high school teams, as well as facilitating communication through all facets of social media. Matt tells us, "Because of that, we've made it possible for every boy or girl of every age to be able to play!" All participants are encouraged to be part of the program, which is open to children from kindergarten through 12th grade.

Parent coaches are one of the keys to this fabulous league. Coach Jonathan Broch shares, "Parkland Flag is one of the best sports programs we have, but it's so much more than just football. It's amazing to see our boys and girls develop the life skills of leadership, teamwork, listening and perseverance that they will carry with them into all facets of their life."

The next opportunity for fun and excitement is NOW! Families are encouraged to sign up for Parkland Flag Football's winter league, that has games Friday nights for all age groups for about eight weeks starting in January. The difference is that this particular league is made up of teams put together by parents and friends, contrasting the usual way of people signing up and then being drafted onto different teams. The winter league is different and participants are encouraged to get involved ASAP!

For more info. see [www.parklandflag.com](http://www.parklandflag.com)



## Stress Fractures

By Dr. Howard Gelb

Stress fractures are real fractures (breaks in the bone) that are all too common in today's athletes. The cause of stress fractures is usually found in the patient's history. The most common cause of a stress fracture is overuse. It can occur as a runner picks up their mileage too quickly or changes a running surface from soft to hard. Runners are particularly prone to lower extremity stress fractures due to the nature of the sport. Nutritional risk factors include lack of calcium, protein, and caloric intake. Tennis, basketball and volleyball players can get stress fractures of the feet, tibia (leg) or hip by playing too often. Intensity, frequency, and duration of an activity all play a role in the development of a stress fracture. Upper extremity stress fractures are seen in baseball pitchers, tennis players and softball pitchers. Rib fractures can be seen in crew athletes due to the excessive muscle pull of the serratus anterior muscle. Weight lifters, football linemen, gymnasts and soccer players are at risk for the development of lumbar stress fractures due to the mechanics of their sport, hyperextension of the lumbar spine. The primary symptom of a stress fracture is pain that is activity related. While x-rays are essential for evaluation of the pain, the actual fracture line may not be seen and additional imaging with bone scan or MRI may be needed for diagnosis. The treatment of the stress fracture is generally rest, however for certain fractures surgery may be necessary to avoid non-union (a non healed fracture). Nutritional and menstrual history is especially important for the female athlete. The female athlete triad; amenorrhea, poor nutrition and overtraining are associated with stress fractures and long-term osteoporosis. While athletes are often told "no pain, no gain," this adage is false when dealing with stress injuries. The best thing to do if one is experiencing progressive pain associated with their sport or activity is to rest and be evaluated.



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See ad page 10.

## WINTER BASEBALL & T-BALL

Players from Coral Springs and Parkland are welcome. Games are held August – November. For more info you visit [www.csall.com](http://www.csall.com), or email [coralspringsamerican@gmail.com](mailto:coralspringsamerican@gmail.com) call (954) 871 3997.

## CHALLENGER BASEBALL LEAGUE

Strives to reach disabled kids and their families at no cost. For more info, call (954) 345-9329.

## NORTH SPRINGS LITTLE LEAGUE

For more info go to [www.northspringsll.com](http://www.northspringsll.com)

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### CORAL SPRINGS BASKETBALL

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## Soccer

### CORAL SPRINGS RECREATIONAL

The official Recreational Soccer Program in the City of Coral Springs. Play from November through the first weekend in March. Boys and Girls U06-19U are welcome. Play at Mullins Park, Coral Springs. For more info: [www.csys.org](http://www.csys.org), email: [csysadmin@csys.org](mailto:csysadmin@csys.org) or call Mimi Milton at 954-341-6391

### NEW - CITY OF CORAL SPRINGS SPRING TRAVEL SOCCER CLUB

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## Softball

### YOUTH SOFTBALL ASSOCIATION OF CORAL SPRINGS (YSACS)

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K through 8th grade. A tuition free public charter school. For more info, call (954) 603-3303, [www.summitacademy.org](http://www.summitacademy.org).

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### CHALLENGER BASEBALL LEAGUE

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## Parkland P-Rec

### PICKLEBALL

Pickleball is a racquet sport that combines elements of badminton, tennis and table tennis. Players use solid paddles to hit a whiffle ball over a net. Yearly fee: Residents \$45/Non-residents \$54. P-REC – 10559 Trails End (located inside Pine Trails Park)

## Scouting

Scouting offers Year Round Activities for Boys and Girls in K to 12th Grade

Find a local unit at [www.beascout.org](http://www.beascout.org)

## i9 Sports - Youth Sports Leagues

### Coral Springs Leagues - Saturday & Sunday Options

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Cypress Park Tennis .....	(954)345-2100
Mullins Park Pool .....	(954)345-2170
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### BOYS & GIRLS FEE SCHEDULE

U6 ..... \$50 + \$30 USL fee  
U8 & above.... \$200 + \$30 USL fee

All players must acquire US lacrosse membership directly from US Lacrosse prior to registering. \*NEW USL LDAM RULES

### PRACTICE

• Preseason begins in January • Regular Season begins in February

For questions please email [parklandredhawks@gmail.com](mailto:parklandredhawks@gmail.com)



# Downtown in December

Saturday, December 4 • 5 to 9 p.m.

City Hall in Downtown Coral Springs

9500 West Sample Road

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# Parkland Connections

## Parkland Little League

For more info., call (954) 604-2442 or visit [www.parklandll.com](http://www.parklandll.com) See ad below

### Basketball

PARKLAND REC BASKETBALL  
[www.parklandbasketball.com](http://www.parklandbasketball.com) or call the hotline (954) 227-0989.

### Cheerleading

PARKLAND CHEERLEADING CLUB  
Contact Susan Kelton (954) 575-9575.

### Tackle Football & Cheerleading

PARKLAND RANGERS TACKLE FOOTBALL & CHEERLEADING

Football Contact: 786-236-0948 or [info@parklandrangers.com](mailto:info@parklandrangers.com)  
Cheer contact: 786-236-0948 or [cheer@parklandrangers.com](mailto:cheer@parklandrangers.com).

### Flag Football

PARKLAND FLAG FOOTBALL  
For more info, see [www.parklandflag.com](http://www.parklandflag.com)

### Lacrosse

PARKLAND REDHAWKS  
For more info go to [www.parklandlacrosse.com](http://www.parklandlacrosse.com). See ad page 12

### Soccer

PARKLAND REC SOCCER  
For more info, visit [www.parklandsoccer.net](http://www.parklandsoccer.net).

PARKLAND TRAVEL SOCCER CLUB  
For more info, call Roger Thomas 754-368-7138  
[www.parklandtravelsoccer.com](http://www.parklandtravelsoccer.com)

## Private Schools & Camps

**NORTH BROWARD PREPARATORY SCHOOL**  
Is an accredited, college-preparatory, independent, non-sectarian school serving families of the pre-kindergarten through high school age groups. For more info. call (954) 247-0011 or [www.NBPS.org](http://www.NBPS.org)  
See ad on page 11.

**SUMMIT ACADEMY CHARTER SCHOOL**  
K through 8th grade. A tuition free public charter school. For more info, call (954) 603-3303, [www.summitacademy.org](http://www.summitacademy.org).

## Health & Fitness

### WOWMOMS WORLD CORAL SPRINGS

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## Parkland P-Rec

### PICKLEBALL

Pickleball is a racquet sport that combines elements of badminton, tennis and table tennis. Players use solid paddles to hit a whiffle ball over a net. Yearly fee: Residents \$45/Non-residents \$54. P-REC - 10559 Trails End (located inside Pine Trails Park) For more info please call 954-757-4105.

## Special Needs

### PARKLAND BUDDY SPORTS

Find out about league offerings and activities. [www.ParklandBuddySports.com](http://www.ParklandBuddySports.com)

### CHALLENGER BASEBALL LEAGUE

Open to all special needs kids and their families at no cost. For more info, call (954) 345-9329.

## THE FRIENDSHIP JOURNEY

Provides programs & facilities for children and young adults with special needs, while creating awareness and sensitivity. For more info, contact [hello@thefriendshipjourney.org](mailto:hello@thefriendshipjourney.org) or [www.thefriendshipjourney.org](http://www.thefriendshipjourney.org)

## Scouting

Scouting offers Year Round Activities for Boys and Girls in K to 12th Grade

Find a local unit at [www.beascout.org](http://www.beascout.org)

## Adult Softball

For more info. contact Parkland Parks & Rec. Manager Bruno Battel at 954-757-4103

## i9 Sports - Youth Sports Leagues

Parkland Leagues - Saturday Only

Soccer - Ages 3 - 12

Baseball - Ages 3 - 7

[www.i9sports.com](http://www.i9sports.com)

954-227-9955 (M-F, 9am-8pm)

## Important Numbers

Leisure Services .....	(954)757-4105
Field Conditions .....	(954)757-4110
Park Ranger .....	(954)575-1007
Youth, Teen, & Senior Programs .....	(954)757-4129
City Hall .....	(954)753-5040
Tennis .....	(954)757-1910
P-REC .....	(954)757-4105



By Shellie Miller

Parkland is an amazing place to raise a family, surround yourself with like-minded friends, and enjoy our fabulous South Florida lifestyle. Always geared toward activities that include the entire family, it's easy to find a league for children to learn team skills and dedicate their extra time to a favorite activity. Thankfully, Parkland Parks and Recreation re-created a softball league for adults that has players crowing about the fun!

"My husband and I are thrilled to be part of Parkland's Adult Co-Ed Softball league and a fantastic team," says Sherri Sada Sklar. "It's been a great way to enjoy time together, have fun with friends, and meet new people in the community while being active and enjoying good sportsmanship with other teams." She continues, "It has brought life back into the field for a lot of us that truly enjoy the sport. Go Angry Otters!"

Now that we are moving away from pandemic living, the adult softball league is a great way for locals to make connections whether they still have kids at home or not. My family was involved in Parkland Softball back in the early 90s, and it's so refreshing to see it making a popular comeback!

Parkland's mayor, Rich Walker, is also pumped about the league. "Our Co-Ed softball league has had a great start. This gives adults within our community another opportunity to bond. Having children fill the stands watching their parents play is a tremendous sight to see. I'm looking forward to watching the program grow."

"Going into the season, I was on a team with players I had never played softball with, let alone never met," said Jessica Isrow. "But we have become an amazing team and better yet, friends. We surprise each other every Sunday with how well we play, motivate each other and just have fun. Our Parkland softball league is filled with

a great community and I am so happy I was able to experience our first co-Ed softball year!"

Parks and Recreation Manager Bruno Battel has only positive things to say about the new league. "In putting together our parks and recreation master plan, we sent out a survey. The responses showed us that people wanted to have more adult leagues like basketball and softball." Since there was already some adult pick up basketball going on, Bruno and his team started a softball league! More than 70 people responded, wanting to be part of the fun. Bruno tells us that two teams came in already complete, and the people who had signed up were all placed into four teams, making it a total of 6 teams in the entire league who meet on Sundays to play. Bruno tells us, "It's been a while since Parkland had these adult leagues, and we are looking forward to putting it right back out there once the season is over." The current adult softball league will conclude in mid December. Other adult sports that are on Bruno's mind are pickle ball and basketball. Stay tuned... More exciting adult sports to come!

For more information please contact Parkland Parks & Recreation Manager Bruno Battel at 954-757-4103.





# 2022 Spring Baseball

(There will be a \$50 late fee for any registrations after 12/31, and placement is not guaranteed if registered after this date)

## Now registering for our Spring Season. (February - May).

REGISTER ONLINE AT

### [www.parklandlittleleague.com](http://www.parklandlittleleague.com)

TO BE ELIGIBLE FOR PARKLAND LITTLE LEAGUE:  
All players must provide proof of age (birth certificate) and 3 proofs of residency prior to being assigned to a team. Paperwork requirements will be communicated via email after successful registration of your player. All players must participate in an evaluation for their age division, except Rookie. There are no evaluations in Rookie Division (T-Ball).

Evaluations are held in mid-January and the dates and locations for your player will be sent to you after registration.

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L to R: Andrew S. Gupta, MD; Eric A. Eisner, MD; Michael M. Dressing, MD; Randolph B. Cohen, MD; Neal P. McNerney, MD; Michael H. Jofe, MD; Stephen K. Storer, MD; Jeremy S. Frank, MD; Matthew L. Fazekas, MD; Michael W. Aversano, MD



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for more information visit  
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## Knock It Out Of The Park Leadership

*By Michael Dill, Certified Award-Winning Business Coach*

**Thirty-plus year ago**, some colleagues and I attended a Tony Robbins Unlimited Power weekend event. Shortly thereafter, I hooked up with a group of people who wanted to continue practicing the traits they picked up from the event. We started meeting monthly to mastermind and share what learnings we applied over the last month and how they positively impacted us. To essentially shorten this story, at one point they wanted to host an event to impact a larger group of which I was asked to speak on stage. The speaking engagement was actually my first ever; and was both exciting and intimidating. I conducted and titled the engagement The ABCs of Success in which I took each letter of the alphabet in order, picked a word, and created a story around that word. For example; A being Attitude, B being Behavior, and on down the list. We had music, break-out sessions, and lots of audience engagement weaved into the talk. It most definitely was a lot of fun in addition to lots of value being both delivered and received.

Now, I have kept those notes for 30+ years, and have repeatedly talked about turning them into a book. I am very proud to finally share that my book; Knock It Out of the Park Leadership, the ABCs of entrepreneurial success is a reality. Two months into the pandemic last year, when it was obvious, we weren't going anywhere for a while, my coach said, "Michael, if you are ever going to write that book, now's the time to do it." I simply got busy in April of 2020; the book hit the shelves on August 31st, 2021. The book also hit the Amazon #1 Best Seller List in Small Business on day one, which is a great achievement. The book essentially poses the question; "Would you rather spend all of your time working in your business or working on your business?" Knock It Out of the Park Leadership, makes charting that course as simple as ABC.

The book delivers a simple and actionable approach; the ABC format actually reveals 26-plus tactics and tools that readers can use immediately to propel themselves and their businesses forward.

Packed with stories and real-life experiences, Knock It Out of the Park Leadership shares street-smart strategies to help readers master their strengths, navigate their vulnerabilities, and become admired leaders in any organization.

"This book is to the point. Easy to read and the author's real-life experiences that he refers to are very relatable. I would recommend this book to anyone who wants to grow, both personally and professionally."- Barry Reiss

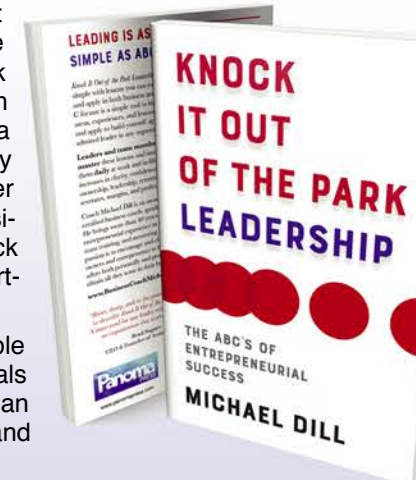
The book reveals decades of experience in the restaurant and financial industries as well as coaching clients to consistent successes to inform the practical, adaptable lessons.

Whether you're a new leader or entrepreneur still learning the basics, or a seasoned professional wanting to sharpen your skillset, Knock It Out of the Park Leadership can help you master the traits you need to build a profitable business, an empowered team, and wonderful life.

You don't just want a home run; you want to knock your business out of the park.

### About the Author

*Coach Michael Dill is an award-winning certified business and leadership coach, global speaker, and published author. He brings more than 40 years of business and entrepreneurial experience in his leadership, team training, and mentoring practice. Dill's passion is to encourage and challenge business owners and entrepreneurs to become their best selves both personally and professionally to obtain all they want in their business and life.*





# What is Chiropractic Adjustment?

By Dr. Gary Bofshever, DC



A licensed chiropractor uses special instruments or their hands to manipulate joints in the body. This process is also called spinal or joint manipulation. It can help reduce pain and correct the body's alignment and overall physical function.

Chiropractors treat many conditions affecting the nervous system and musculoskeletal system. Chiropractic care can help with low back pain, headache, neck pain, muscle pains and other joints of the body.

## What is a chiropractor?

Think of a chiropractor as a doctor who cares for any kind of muscle, joint or bone pain. Chiropractors can complement the traditional medical care you receive.

## What does a chiropractor do?

Understanding what chiropractors do is pretty simple: think of aches, pains, creaks and strains. If you've got a problem that involves your musculoskeletal system, a chiropractor can offer alternative methods of treatment.

Chiropractors do not prescribe medication; this allows them to think outside the box. A chiropractor may prescribe:

- **Soft-tissue therapy:** To relax tight muscles, relieve spasm and release tension in the fascia (the connective tissue that surrounds each muscle).
- **Adjustments:** To gently realign joints and increase range of motion.
- **Joint bracing/taping** (e.g., Kinesio taping): To support sprained joints or muscles as they heal.
- **Exercises and stretches:** To restore and maintain mobility and range of motion.
- **Referrals to integrative medicine experts:** For guidance on medications to reduce pain and inflammation

Treatments generally do not hurt. But soreness — similar to what you might feel after a workout — is a common side effect. Over time, however, your muscles adjust.

Chiropractors can treat pain anywhere in the body: in the head and jaws, the shoulders, the elbows and wrists, the hips and pelvis, and the knees and ankles.

They look at the whole musculoskeletal system and treat the root of the problem. Chiropractors make sure not only that the joints are moving properly, but also that surrounding muscles are functioning well.

Chiropractors treat problems in people of all ages. Depending on the patient, the intensity and force of treatments vary. All patients are screened to ensure that they are good candidates for chiropractic care. For example, many older patients have some thinning or softening of the bones that would rule out joint manipulation. If chiropractic care is too risky for a patient, they will guide them to the right people and resources.

Your chiropractor develops a treatment plan based on your symptoms, exam findings and the results of tests. Then your chiropractor uses their hands or small instruments to apply a quick, controlled force to a joint. You may feel a popping or cracking sensation.

Your chiropractor may recommend other therapies along with chiropractic. These may include:

- Advice on nutrition, diet, weight or general health.
- Electrical muscle stimulation using transcutaneous electrical nerve stimulators (TENS).
- Icing or heat therapy.
- Massage.
- Exercises and stretches.
- Ways to manage stress and relax muscles.

## BENEFITS

### What are the benefits of chiropractic adjustment?

Chiropractic care helps reduce pain from:

- Migraines and neck-related headaches.
- Neck or spine injuries.
- Joint issues in the arms, legs, and shoulders.
- Whiplash.

## RECOVERY AND OUTLOOK

### What is the prognosis (outlook) for people who have chiropractic adjustment?

Many people feel almost immediate relief from symptoms after chiropractic treatment.

But the goal of chiropractic care is to restore your health over the long term, rather than to relieve your symptoms over the short term. So a chiropractor will ask how you move throughout the day (standing, sitting, walking) and how you sleep at night.

Learning how to position your body at your desk, when you're standing and moving, and when you're in bed — and incorporating stretches into your daily routine — can be invaluable in preventing future problems.

It's important to inform your primary care physician about any pain you're experiencing, whether recent or chronic (lasting more than three months). Your primary care doctor can rule out potentially serious problems that need treatment.

## ADDITIONAL DETAILS

### What else should I know about chiropractic care?

Only a licensed chiropractor (a doctor of chiropractic, or DC) should perform adjustments. You have a higher risk of side effects or complications if you have adjustments from people who aren't trained and licensed.

For more info on Bofshever Chiropractic call 954-344-4343 or visit [www.bofsheverchiropracticcenter.com](http://www.bofsheverchiropracticcenter.com)

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- Addiction



**Crystal Adkins**, MSN, APRN, ANP-C, PMHNP-BC

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