

# KINESIO CARE CENTER

## NEWSLETTER

MAY 2019 | 605-782-9871



### WE'RE OPEN!

We opened our doors to new patients on April 3<sup>rd</sup>.

### CALENDAR

Make sure to read about the upcoming events in May on page 2.

### SPOTLIGHT: Low Back Pain

Struggling from low back pain? Check out our spotlight on page 3.

### ABOUT US

Get to know more about our team on page 5.

### FOR YOUR INFO

See what the month of May is all about.

### THANK YOU!!

Opening a brand-new chiropractic clinic is anything but easy. There are many highs and lows, however, I've been blessed by many people throughout the whole process who came along side me and helped make my dream a reality.

Thank you to everyone who provided guidance and support in helping bring my vision to life and getting Kinesio Care Center on the map!

Dacotah Bank  
Michael Martin – NAI  
Reynolds Construction  
Management  
Aspire Chiropractic  
Pride Neon | Custom Art Graphics  
Montgomery's | Ashley Homestore  
A&B Business Solutions  
Workplace IT  
Mike DeWitt – custom desk  
Monarch Sales  
Cody's Smokehouse  
Family and Friends

## COMMUNITY EVENTS:

**MAY 4<sup>TH</sup>** – Team Hope Walk in Sertoma Park in support of Huntington’s Disease of America.

**MAY 6<sup>TH</sup>** – National Nurses Day

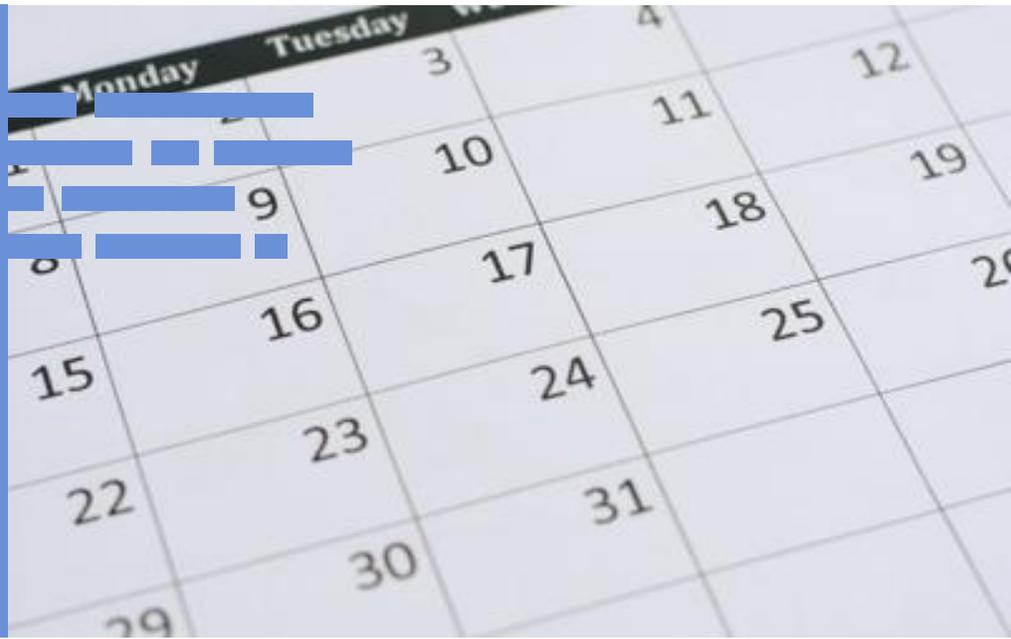
**MAY 7<sup>TH</sup>** – National Teachers’ Day

**MAY 12<sup>TH</sup>** – Happy Mother’s Day!!

**MAY 14<sup>TH</sup>** – Knickers for Knockers at Willow Run. Hosted by Feisty Fighters to raise money for those fighting cancer.

**MAY 18<sup>TH</sup>** – Armed Forces Day

**MAY 27<sup>TH</sup>** – Memorial Day



“Everyone is an athlete. The only difference is that some of us are in training and some are not.”

- *Dr. George Sheehan*

Here at Kinesio Care Center, we want you to be moving, feeling, and living better than you are now. Let us take the first steps with you towards better living and give us a call at 605-782-9871.

## UPCOMING KCC-SPONSORED EVENTS:

**11<sup>th</sup>**

Graston on the Grass. Come out to KCC to try Graston for free from 1-3pm on May 11<sup>th</sup>.

**18<sup>th</sup>**

Free yoga class at Revolution Cycle and Yoga on May 18<sup>th</sup>! Enter to win a spot on our Facebook page!



# RESEARCH SPOTLIGHT: LOW BACK PAIN



## WHAT IS LBP?

Low back pain (LBP) is a condition that has become an epidemic in America. The latest research estimates that up to 15% of people will experience their “first-episode” and up to 36% of people will have an episode this year<sup>1</sup>. That’s a lot of people. LBP is so common that it has been recognized as the leading cause of limited activity and work absence throughout much of the world.

Low back pain can be acute or chronic, generalized or localized. Acute means that it occurred within the past month. Chronic means that it has lasted longer than 3 months. Generalized LBP is characterized by a broad area of pain, or the sufferer not being able to point to a certain spot. Localized LBP is the opposite, and sufferers can point to a specific spot of pain on their lower back.

## WHO IS AFFECTED?

LBP affects every kind of person, but like any condition, there are risk factors. The main three risk factors for developing LBP are being female, being older in age, and having a more physically demanding job.

## QUICK TIPS

### Chronic LBP:

Exercise.  
High intensity exercise is great if your pain is localized.  
Progressive, low - intensity, endurance exercise is best if your pain is generalized.

### Acute LBP:

Avoid bed rest.  
Remain active to prevent your body from locking up and allow the natural healing process to begin.

### What works:

Chiropractic care +  
Exercise = Best results

## WHAT HAPPENS?

There are many reasons why LBP can happen, but the most common reason is due to a mechanical injury. Whether it's because of age, a sport, or a job, your body can only handle so much wear and tear before it'll start telling you to take it easy. And when your joints and muscles get too worn down, your nerves start telling you that there's a problem.

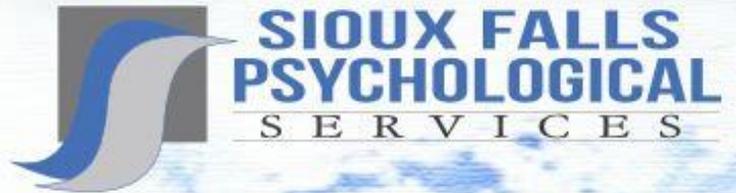
## WHAT TO DO

The first thing to remember if you experience low back pain, is “do not worry.” LBP is not a life sentence. With the right care, you can be pain free and back to doing your normal activities in no time!

Secondly, chiropractic care can be instrumental in facilitating the body's healing process. Typically, the cause of LBP is mechanical, and having a chiropractor treat your muscles and realign your joints will do the trick. Lastly, exercise. The worst thing to do for LBP is to go on bed rest. Even if it hurts to move, research shows that staying active is better than rest. Make sure to talk to your chiropractor about what exercises are best for you.

Check out our quick tips for more info!

# FOR YOUR INFORMATION, MAY IS THE MONTH OF: MILITARY APPRECIATION BETTER SPEECH AND HEARING MENTAL HEALTH AWARENESS



**Aimee Peterson**  
Licensed Certified Social Worker  
Qualified [Mental Health](#) Professional



**Licensure:**  
Licensed Certified Social Worker

**Therapy for Individuals, Couples, and Families:**

- Depression and Anxiety
- Borderline Personality
- Racial Identity
- Grief and Loss
- LGBTQ+

**Zane Peterson**  
Licensed Professional Counselor  
National Certified Counselor



**Licensure:**

- Licensed Professional Counselor
- Pursuing Certification as a Licensed Addiction Counselor

**Therapy [Services](#) for Individuals, Children, and Adolescents:**

- Developmental and Behavioral Issues
- Grief, Loss, and Depression
- Anxiety and Anger
- Issues Related to Substance Abuse
- Major Life Transitions

What: COME LISTEN TO NEW HEARING AID TECHNOLOGY

May IS BETTER SPEECH & HEARING MONTH

**Lunch & Listen**

WEDNESDAY, MAY 15<sup>TH</sup>  
AT 11:00

Where: THE CLUBHOUSE AT PRAIRIE GREEN  
600 E 69TH ST  
SIOUX FALLS, SD 57108

CALL NOW TO RESERVE YOUR SPOT!  
ONLY 12 OPENINGS AVAILABLE!  
**605-306-3050**



With: Dr. Mandy

**\$1,000 OFF**

PREMIUM PAIR OF HEARING AIDS UNTIL MAY 31<sup>ST</sup>



COME HAVE A FREE LUNCH ON US AND LISTEN TO THE LATEST IN HEARING AID TECHNOLOGY WITH NO RISK

## MEET THE TEAM AT KINESIO CARE CENTER



### **Collin DeWitt, DC**

Dr. DeWitt is a chiropractor at Kinesio Care Center. He graduated from Northwestern Health Sciences University (NWSU) in 2018 with his Doctor of Chiropractic. Dr. DeWitt has a special interest in treating chronic conditions saying, "Seeing the gratitude and hope on someone's face, after the pain they've had for years is lessened or gone, makes for an amazing day!"

In his free time, Dr. DeWitt enjoys hanging out and being outside with his wife, Jenna, and son, Beckham, as well as playing basketball, soccer and guitar.

### **Kylie Keiser, DC**

Dr. Kylie is also a chiropractor at Kinesio Care Center. She graduated along side Dr. DeWitt at NWSU in 2018. Dr. Kylie loves working with maternity and pediatric patients. She enjoys providing care to kids and being able to help them develop in a natural and healthy way. She also enjoys providing care to expecting moms to help lessen the aches and pains that typically come with pregnancy. Dr. Kylie specializes in incorporating muscle care alongside the adjustment to ensure longer lasting pain relief.

In her free time, Dr. Kylie enjoys planning her wedding and taking care of her three dogs!

### **Hannah DeWitt**

Hannah is the office manager at Kinesio Care Center. She started working in chiropractic clinics in 2014. At each clinic, she has found working in the chiropractic field to be very rewarding saying, "It's so encouraging to see people go from being in pain to being able to live their lives again!"

Hannah is from Valley, Nebraska and just recently moved up to Sioux Falls with her husband, Austin and their two boys, Tobias and Everett.



# Kinesio Care Center

Move | Feel | Live Better

