



Dr. Cory Aplin's
"In Touch"
~ **February** ~
PATIENT NEWSLETTER



Dear Patient,

In this month's February issue of my newsletter - we have a good article on LEG PAIN, and its causes. Trust me when I say there are a lot! Things are moving right along this year and I already can't wait to put all this cold weather behind us. Even though I always work to maintain my physical health, primarily through proper diet, exercise, massage and regular chiropractic adjustments. In February I have started working more on my mental health by meditating for 15 minutes each day. It's amazing how many answers come to you when you just let your brain relax! As always, my staff and I are ready to help you and your family with your healthcare needs so if there is anything (literally) you need from us, don't hesitate to give us a call.

I know I just barely missed Valentine's Day, but that doesn't mean I don't have some really cheesy jokes for you (see below). Read this short newsletter, and I'll see you at the office. Whatever you do, stay healthy and if you have any health related questions, please let me or one of my staff know. I'm ready to make this the best year you've ever had... health wise ☺

JOKES of the MONTH

What did the painter say to her boyfriend?
"I love you with all my art!"

A single person's take on Valentine's Day...

Why didn't Cupid shoot his arrow at the lawyer's heart?
Because even Cupid can't hit a target that small!



*What do farmers give their wives on Valentine's Day?
Hogs and kisses!*

LEG PAIN? What really causes it?

I don't know if you've ever had leg pain, but you should read this and then share it with some of your friends.

Most leg pain results from wear and tear, overuse, or injuries. This can be in joints, bones, muscles, ligaments, tendons or other soft tissues. It can even be from damage to the nerves!.

Some types of leg pain (a lot of leg pain) can be traced back to problems in your lower spine. Your legs are “controlled” by your nerves and those complicated, sensitive nerves come from your spinal column.

Leg pain can also be caused by things like blood clots, varicose veins or poor circulation, so it's imperative that you get checked now.

Some common causes of leg pain include:

- Achilles tendinitis
- Achilles tendon rupture
- ACL injury
- Baker's cyst
- Bone cancer
- Broken leg
- Bursitis
- Chondromalacia patella
- Chronic exertional compartment syndrome
- Claudication
- Deep vein thrombosis
- Fibromyalgia
- Gout
- Growing pains
- Growth plate fractures
- Hamstring injury
- Herniated disk
- Infection
- Juvenile rheumatoid arthritis
- Knee bursitis
- Legg-Calve-Perthes disease
- Torn meniscus
- Muscle cramp
- Night leg cramps
- Osgood-Schlatter disease
- Osteoarthritis
- Osteochondritis dissecans
- Osteomyelitis
- Paget's disease of bone
- Patellar tendinitis
- Peripheral neuropathy

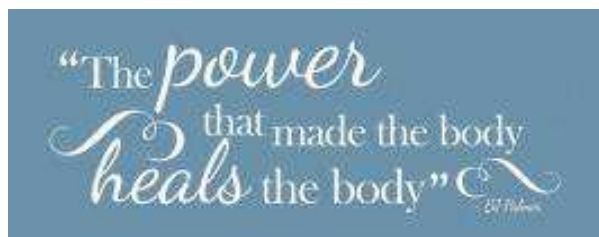


LEG

PAIN

- Posterior cruciate ligament injury
- Posterior tibial tendon rupture
- Pseudogout
- Rheumatoid arthritis
- Sciatica (we talked about this in the last newsletter)
- Shin splints
- Spinal stenosis
- Sprains and strains
- Stress fractures
- Tendinitis
- Thrombophlebitis
- Varicose veins

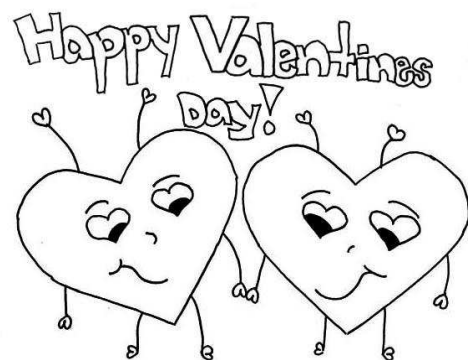
O U C H!!!!



If you have “any type” of leg pain, CALL... the office immediately. The longer you put off dealing with your PAIN, believing in your heart... the PAIN... will JUST... ‘magically go away’, the longer it’s going to take you to get back to normal and out of pain again.

**Some Facts About Valentine’s DAY
You May Not Know Or Have Forgotten:**

- Based on retail statistics, about **3** percent of “pet owners’ will give Valentine’s Day gifts... to their pets.
- About 1 Billion Valentine’s Day cards are exchanged each year. This makes it the second largest seasonal card sending time of the year
- If you’re single don’t despair. You can celebrate Singles Awareness Day (SAD) instead.



Nuts About Love

Driving through Southern California, there was this older, middle aged woman that was tired, and since she’d been driving a long time, she decided she would stop at a roadside stand that sold fruit, vegetables and crafts.

As she got what she wanted and went to pay, she noticed the young woman behind the counter was painting a sign. “Why the new sign?” she asked.

"My long time boyfriend Mac didn't approve of the old sign," she said. When the traveler glanced at what hung above the counter, she understood. The sign declared: "**Local Honey Dates Nuts**"

How much money is spent on average on Valentine's Day?

A new survey has the answer. The National Retail Federation polled 6,417 consumers in early January 2014 to ask about their Valentine's Day plans. It turns out, **54 percent of Americans** will celebrate with loved ones this year and the average amount they will spend on candy, cards, dinner and gifts is **\$133.91**.

9-5 Love

"My husband, a long time certified public accountant, works 13-hour days for the first few months of the year. It's tax season, people want to save money, and my husband is really good with numbers and getting the best tax returns, so his schedule is busy.

In spite of this hectic schedule, he took time out to order me flowers for Valentine's Day.

While he is good at number crunching, he has trouble telling me how he feels. So he was pondering what sweet endearment to write on the card he purchased to give to me on Valentines Day, and obviously he began thinking of the many hours of work still ahead of him while he was pondering the words he wanted to write for me.

Well he finally put the final touches on the card. His note read: "Roses are red, violets are blue. If I weren't thinking of you, I'd probably be through."



*This newsletter was brought to you by Dr. Cory Aplin.
Call 301-907-6533 NOW to schedule your appointment.*

Cut this certificate out and present it to my office for your **FREE February - HEALTH CHECK UP**
This is for ALL NEW PATIENTS.

*** FREE ***

"February Health Check"

Schedule Your Friend or a Loved One For Their
FREE February SPINAL CHECK - NOW!
(\$185 dollar value)

(All ages accepted, so have them call me immediately!)



Give this certificate to your FRIENDS & LOVED ONES during **February** and they'll receive a **FREE Health Check**. We care about you and your loved ones and we don't want to forget anyone, including the little ones. If you have a friend or family member that is currently "NOT" under our care, please give this **certificate** or a copy of it to them and tell them to bring it to us **immediately**. **This Health Check is FREE.**

They are **NO HIDDEN CHARGES, NO OBLIGATIONS** and the purpose of this Health Check is to determine if they are a chiropractic candidate. As always, there are **NO** guarantees whether I can help, but if I can, I want that chance. There is nothing **MORE** important than your **HEALTH**.

If you need additional copies of this **Certificate**, please call the office and I'll send you them to you - **FIRST CLASS**, or through your email. Just **call** and give us your email address. It's that **Simple!** You, your family members, and friends are always a **"TOP" priority**.

Offered to you as a 'Courtesy by'

Dr. Cory Aplin

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"CALL NOW... to Reserve Your Free Health Check."

Don't forget to share this with your friends and family!