



HARTMAN

Chiropractic

Sports & Family Practice

An Investment with Priceless Dividends

Our quality of life is impacted by many factors. Health, finances, relationships, work, etc., all play significant roles in our overall well-being. The most important factors for each of us to understand and focus on are the ones over which we have control. We should invest in our ability to change or maintain these important things. An aspect of our lives that impacts all of our relationships, our productivity at work, and our personal comfort and enjoyment is the condition of our health.

What in life do you want most to do? to accomplish? to be? How are these things hindered or helped by your

physical condition? Are you investing energy and time regularly into your health to improve your effectiveness with your spouse, your children, career, or other meaningful pursuits? Investing in yourself is essential to achieving and maintaining your effectiveness. Chiropractic is a healing art designed to help increase your neurological/biological effectiveness. The role of a Doctor of Chiropractic in these paramount questions is to assist you in realizing your optimal quality of life. Your doctor is trained in minimizing your pain and maximizing your function to allow you to spend more time and energy in those most important areas of your life.

What Should I Expect from a Chiropractor?

Doctors of Chiropractic (DC) are held to the same oath and standard as any licensed health care provider. As Hippocrates put it: "[To] Do no harm." Chiropractors are to uphold the highest ethical values and utmost concern for the welfare of their patients. They are expected to be compassionate, knowledgeable, and skilled. Patients can expect their doctor to listen, ask appropriate questions about their health concerns, and perform an exam to determine the cause of and appropriate treatment for the patient. DC's then administer safe, gentle, and effective treatment for virtually any neuromusculoskeletal (nerves, muscles, and joints) condition.



Wellness Wisdom

Arthur Schopenhauer, a German philosopher said, "With health, everything is a source of pleasure; without it, nothing else, whatever it may be, is enjoyable.... Health is by far the most important element in human happiness." This year give someone you care about the gift of health by encouraging them to take care of themselves. So many of us get caught up in the bustle of life and neglect what matters most.



Craig S. Hartman, DC, CSCS

A Note From Your Doctor

About Your Chiropractor

Health, relationships, and service have been so very important to me for as long as I can remember. I derive great purpose in life from serving others and assisting them achieve their goals. A profound love of learning and desire to inspire and heal others would characterize my career. I am more excited than ever as I witness chiropractic impacting peoples' health and well-being for the better, and am ecstatic to use my knowledge and skills in the service of your family. Please call us to let us know how we can help you with your investment in your health.

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