



## Services

Align Spine Health Center, LLC offers a wide variety of services to suit your needs!

- History & Consultation Review
- Orthopedic and Neurological Examination
- Physical Therapy
- Scar Tissue Therapy
- Weight Loss/Nutritional Counseling
- Lipo-Light Pro Body Sculpting
- Dry Needling
- Scar Tissue Therapy
- Foot and Back Orthotics
- DOT/CDL Physicals
- Chiropractic Therapeutic Massage

### QUALITY & AFFORDABLE CARE!

Dr. Ingram Genuinely cares and listens to her patients. During your initial visit, you will receive a complete and thorough consultation, health history, comprehensive physical examination and x-rays if necessary. You will also receive a complete report of findings with a treatment plan to address your healthcare needs.

Most Insurance companies cover Chiropractic care. Please contact your insurance company to see if it is a part of your policy. We accept most insurance plans.

# Information

When you call our office we will do our best to schedule same day appointments. We recognize that your time is valuable. It is our goal to eliminate long wait times during your scheduled visits.

For more information please contact our office or visit our website:

**301-562-0390**

**[www.alignspinecenter.com](http://www.alignspinecenter.com)**

### OFFICE HOURS:

MONDAY	9AM-6PM
TUESDAY	8AM-1PM
WEDNESDAY	9AM-6PM
THURSDAY	CLOSED
FRIDAY	9AM-5:30PM
SATURDAY	BY APPT. ONLY
SUNDAY	CLOSED

We are conveniently located in the Downtown Silver area between East-West Highway and Spring Street. In addition our office has FREE PARKING and is METRO ACCESSIBLE!



**Is your job a pain in the neck??**



**Does your workout leave you feeling worked over??**

# **GET ADJUSTED!!**

**INVEST in your HEALTH...**

**before an ILLNESS does!**

***Align Spine Health Center***

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## How Can I Benefit from Chiropractic?

Doctors of Chiropractic are highly specialized in the care and maintenance of your spinal needs.

The Federal Government has concluded that spinal manipulations by Chiropractors are one of the preferred early treatments for acute low back pain.

When your spinal vertebrae are out of alignment, there is a pinching effect on the nerves. The nerves exiting from the spinal vertebrae not only affect your back and neck, but they are connected inversely to the health and effectiveness of your bodily organs. Chiropractic adjustments help to keep the vertebrae from interfering with the nerves.

Chiropractic Spinal Adjustments can alleviate ailments such as: Allergies, Asthma, Automobile Injuries, Headaches, certain types of Migraines, Menstrual Cramps, Sports Injuries, Stomach Disorders, Arm, Hand, Back and Leg pain.

Chiropractic treatments use the body's natural ability to heal itself the correction of the body's biomechanics!

**Take the time today to Invest in Your Health!**



## What is Chiropractic?

Chiropractic is the branch of healing arts that specifically works with structure and function. Chiropractors have found that if there is pressure along the spine, irritating and interfering with a nerve, it will cause pain (a disruption in function). Therefore, is highly probable that it will affect muscles, joints, blood vessels, organs and glands (structure).

It is the Chiropractor's job to determine if such a problem exists and if it can be relieved. Advanced technology and extensive diagnostic training assure the Chiropractic Physician, and you, that the findings are valid and the prognosis is accurate.

Below is a partial list of conditions that may readily respond to Chiropractic treatment:

- Neck Pain
- Headaches
- Sinus & Allergies
- Carpal Tunnel
- Sports Injuries
- Back Pain
- Extremity Pain
- Numbness/Tingling
- Arthritis

**CARE**

**COMPASSION**

**INTEGRITY**

## Meet the Doctor

**Dr. Kindra J. Ingram, M.S., CCEP, D.C.**

Align Spine Health Center, LLC is a comprehensive facility ready to serve the healthcare needs of you and your family. Dr. Kindra Ingram has been established in private practice in the Silver Spring Area for several years.

Dr. Ingram is an experienced Doctor of Chiropractic who continues to keep up to date with the changes and advancements of the field. Not only is she a Doctor of Chiropractic, but she has a Masters of Science in Sports Science and Rehabilitation as well as a Certified Chiropractic Extremity Practitioner.

It is the policy of Align Spine Health Center, LLC and their staff to help patients realize their total health potential through maintaining wellness. We strive to provide an atmosphere that will recognize and nurture each patient's individuality and beliefs.

Align Spine Health Center, LLC welcomes referrals from patients, their families and friends. Additionally we also accept professional referrals from other practitioners in other disciplines.

