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Your Health is OUR Concern!!!!



“The staff here at Allegheny Health & Rehabilitation Center is extremely kind and understanding, as well as helpful and accommodating. For all of these reasons, I feel that seeking treatment here has benefited me greatly.”

Shari Whitico

About 6 months ago, I began to have symptoms of Carpal Tunnel Syndrome. As a church organist, this pain inhibited my ability to play the organ without experiencing pain, discomfort and numbness in my wrists.

The pain lasted for about 3 months before I began treatment here at Allegheny Health & Rehabilitation Center. Throughout my time here as a patient, I have undergone treatments such as ultrasound, muscle treatment, wrist and neck adjustments.

I have also begun a regimen of supplements to help my condition. My pain level has decreased substantially - I now play the organ without any pain or numbness in my wrists and hands. Initially, I was scheduled to have surgery to alleviate the pain. However, through my course of treatment with Dr. Talorico, I have decided that the surgery is not necessary at this time.

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We Value Your Referrals

Our office isn't your typical office (I hope you think so as well). We pride ourselves on delivering the most exceptional care possible.

Our doctors and staff spend hours each month, in addition to their regular job duties, training and refining their skills. Therefore, when you arrive, you can be assured treatment from our well trained staff.

When a patient refers someone to our office, this is viewed by our staff as an awesome responsibility.

Although we treat all of our patients as we would want our own family treated, a referred patient is special, because **YOU** have entrusted their care to us.

We promise that we will always work with those you refer to our office to provide the highest standard of health care possible.

When we are able to help another person live a life with less or no pain...with more activity, with more enjoyment with their family, then we know we've done our job.

So again thanks!!! We will continue to train and to stay on top of the latest treatments available.

Please know, that if you have someone in mind that should be evaluated, simply call the office, and one of our doctors will be more than happy to talk to your loved one or friend on the phone.

Sinus and Allergies

Thousands of people in communities all over the United States are affected by allergy and sinus problems, the most common form of an immune system disorder. Millions of dollars are spent on over-the-counter drugs, weekly shots, and physician visits. Coupled with time taken off from work or school, the effects of allergies are very far reaching.

To work properly, your immune system must communicate with the brain through neural pathways in the body. When something interferes with these nerve messages, errors occur and the immune system can make mistakes - mistakes such as overreacting to an allergen.

The difference is most often seen in how one person's body is able to adapt, and another not. Very simply put, an allergy is the inability of your body to handle something which is in their immediate environment: Pollen from trees, grasses, flowers, peanuts, etc. (There are also allergies to drugs, harsh detergents, and other chemical agents. These allergies are seen as a protective reaction and are not the type I am discussing.

Chiropractic treatment along with dietary changes and nutritional supplementation may help people with allergies and sinus problems.

According to a study, disorders of the mid-to-lower back could have a significant effect on the immune function of certain allergy and

sinus problem patients.

Essentially, by permitting the nervous system to function with less stress, the immune system will function more effectively.

Allergies are simply a hypersensitive immune system responding to normal antigens in the environment. The nervous system seems to be the controlling factor for the immune system.

Chiropractic treatment frees up the nerves so that they are not irritated and hypersensitive to stimuli, according to some studies.

If you would like to discuss how our office may be of benefit to you for your sinus or allergy related condition, please contact us for a complimentary discussion with one of our doctors.



Low Back Pain

The majority of back pain patients have not experienced any trauma, accidents or major injuries prior to the onset of their problem. The cause of most back pain is the cumulative affect of improper sitting posture, poor work habits, incorrect lifting, lack of proper exercise and other lifestyle-related factors. All of these factors cause stress and imbalances on the spine and, eventually, pain. This is why people often injure their back: the spine was already compromised and

merely bending or stretching set off the problem. When this occurs, the surrounding back muscles go into spasm to protect the stressed or injured tissues of the back.



Backpack Misuse Leads to Chronic Back Pain

Young children are suffering from back pain much earlier than previous generations, and the use of overweight backpacks is a contributing factor, according to the American Chiropractic Association (ACA).

In fact, the U.S. Consumer Product Safety Commission reports that backpack-related injuries have sent more than 7,000 people to the emergency room.

This new back pain trend among youngsters isn't surprising when you consider the disproportionate amounts of weight they carry in their backpacks - often slung over just one shoulder. A recent study conducted in Italy found that the average child carries a backpack that would be the equivalent of a 39-pound burden for a 176-pound man, or a 29-pound load for a 132-pound woman.

Chiropractic Care Can Help...

If you or your child experiences any

pain or discomfort resulting from backpack use, **call our office today.**

Our Doctors have been treating kids with low back related problems for over 40 years. Back packs are just the latest problem that kids face during their development. Don't cover up symptoms of pain with pills. If you or your child has been having back pain, then this is a serious problem. How serious is not determinable until we evaluate the situation, but don't take a chance. Call today with any back related problem. Remember what your Grandma use to say, "A stitch in time, may save 9". Back pain is preventable if caught in time.



Insurance Corner

Network Providers for:

- Highmark
- UPMC
- United Health Care
- Auto
- Workers Comp.

We provide treatment for nearly **ALL** insurance in Pennsylvania.

We will gladly check for you if you have any questions at all about your coverage.

Most all insurance plans have Chiropractic Benefits. Call today for a complimentary consultation and we will be happy to do an insurance verification for you.

Educational Workshops

***Want more information?
Have a condition that has not been responding?
Not sure if we can help?***

***CALL TO RESERVE
A SEAT***

Gibsonia:

Tuesday at 6:00

Brackenridge:

Wednesday at 7:00

Free Consultation with the Doctor

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30 Days from Today

Treatment Available For

- *Low Back Pain*
- *Sciatica*
- *Neck Pain*
- *Migraines*
- *Carpal Tunnel*
- *Disc Problems*
- *Leg Numbness*
- *Auto Accidents*
- *Work Accidents*



The Doctors and Staff

Technology Corner (The Pro-Adjuster)



The **Pro-Adjuster** is a state-of-the-art, computerized adjusting instrument that allows our doctors to very specifically and gently treat patients. It is an alternative to traditional chiropractic manipulation.

The pro-adjuster is great for patients with complicating factors such as arthritis, surgery, congenital fusions or patients who just doing like the cracking and popping sound.

Why is the Pro-Adjuster so special? It uses 21st century technology to determine if each spinal vertebrae is in proper alignment, so the nervous system is free to effectively transport nerve impulses throughout you body.

The Pro-Adjuster uses the same type of technology that allows engineers to determine and handle weakness and stress on spacecraft. The information is graphically displayed, so our doctors can detect the problem area each time with every patient. Call to find out if the Pro-Adjuster is right for you.



How do I know if my problem can be helped with the treatment in your office?

We never know if we can help someone until we have them come into the office for an evaluation or at least talk to them over the phone.. Our success rate is very good for helping others get and stay well and we are pleased to have as many of our patients write testimonials as to the quality care they receive. However, unless we are able to communicate with you in some fashion, we can never know if we can help or not.

Our offices have been providing care for the past 45 years. Therefore, we have the experience to help you get well. If you are not a pill person, and don't like the idea of living with your pain, please call our office and talk to one of our doctors or schedule a time to come into the office.

If we can help you we will let you know. If we can't we will find the right person you should be going to help. Don't wait until your problem is so bad the treatment won't be as effective. Call us today.