



# Spinalguy Chiropractic

## Relief & Wellness Newsletter

MARCH 29, 2017

DR. TOM KELLY

### Regular Hours

Mon 8am-12pm, 3pm-7pm  
Tue 3pm-7pm  
Wed 8am-12pm, 3pm-7pm  
Thu Closed  
Fri 8am-12pm, 3pm-6pm  
Sat 9am-12pm

### Summer Hours

**June July August**  
Mon 8am-12pm, 3pm-7pm  
Tue 3pm-7pm  
Wed 8am-12pm, 3pm-7pm  
Thu 3pm-7pm  
Fri 8am-12pm  
Sat Closed

### Spinalguy Chiropractic

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Trail SE  
Calgary, Alberta  
T2J 7G9

### Phone

403-278-7876

### Fax

403-278-9555

### We're on the Web!

[www.spinalguy.com](http://www.spinalguy.com)

### Please Visit Our New Website!

[www.spinalguy.com](http://www.spinalguy.com)

After 16 years of being in business, we decided it was time to start asking people for testimonials. We were emotionally charged by what people had to say about us, and would like to share some of them here. The next time you're in please feel free to tell us about your experiences as well!

*"Myself, my daughter and my mom all go to see Dr. Kelly. When I come into the office I am known by name and acknowledged no matter how busy they are at the time I come in. Kailey and Elaine show true customer service that a lot of businesses are missing today. Dr. Kelly is an amazing chiropractor and is very knowledgeable and honest. I can always trust him to give me an honest assessment and he is always right with his assessments. As far as I'm concerned, there are no other chiropractors I would go to see. If I moved to another quadrant I would still see Dr. Tom."*  
Paula G.

*"Dr. Kelly has been my chiropractor for 17 years. When I first started coming to see him I had headaches, neck stiffness and hip stiffness, and all of those problems have been resolved. Dr. Kelly is very knowledgeable, easy to talk to, and he always takes his time to make sure he's doing the right thing for me. The front desk staff are awesome, so nice and always happy to answer questions. I have also brought my dog in for chiropractic treatments and it was very helpful! I would recommend Dr. Kelly!"*  
Tamara W.

*"I came to see Dr. Kelly for an exam after being in a car accident and having rib pain. He recommended laser and I was a bit leery because I had never heard of it but I decided to take his advice. I noticed incredible results after one session, I was so surprised at the vast improvement. I got the results, the sessions were relaxing and peaceful. Dr. Kelly is one heck of a professional and I am open to anything now!"*  
Brad K.

**Did you know...**

• **We offer laser therapy for soft**

tissue injuries

involving shoulders,

hips, knees, elbows

or feet?

• **Hydromassage is**

massage therapy

without the

therapist. All you

have to do is take

off your shoes!

"The greatest

discovery of any

generation is that

human beings can

alter their lives by

altering the

attitudes of their

minds."

~ Albert

Schweitzer

"My whole family comes to Dr. Kelly, he's always my first choice of doctor to visit when something is wrong, he's very knowledgeable. I always get relief after coming to see him. He has seen me thru 2 car accidents, neck pain, low back pain, rib pain, and I always feel better after coming to see him. The staff is always welcoming and there is a good atmosphere in the clinic."

Susie S.

"I started coming to see Dr. Kelly because I was having back pain, hip pain and leg pain and it was affecting my ability to walk and hunt. Chiropractic made a huge difference, Dr. Kelly is excellent and has helped me get back to doing the things I love to do like skiing and hunting. My life has definitely improved since I started seeing Dr. Kelly."

Michael C.

"When I came to see Dr. Kelly for the first time 9 months ago I couldn't even stand up straight. I was experiencing lots of pain and can happily say that 9 months later I am living pain free!! Dr. Kelly is a great chiropractor and has made such a huge difference in my life. I have since brought my son, husband, and employees to see Dr. Kelly, I would recommend him to anyone."

Laura S.

"I've been coming to Dr. Kelly for 3 years. When I first started coming I was having migraines, neck pain, back pain and pain in both knees, my problems have resolved through seeing Dr. Kelly, I now feel great and my quality of life has improved. The staff are wonderful, always on time, and the atmosphere is friendly and welcoming."

Lorraine B.

"The staff is excellent, very friendly. Very punctual and accommodating even when I am late. I feel good when I come in regularly. I've been coming to Dr. Kelly for 12 years and would recommend him to family and friends."

Steve S.

"Dr. Kelly is wonderful, a great chiro and I enjoy coming in and seeing all of the staff. The atmosphere is great and I enjoy talking to the girls at the front desk. When I have an issue I come in and always feel better after being adjusted."

Gail F.

"I have been coming to see Dr. Kelly for over 5 years and he has helped me with low back pain, leg pain and bulging disks. The atmosphere in the clinic is great, the staff are professional and I always get great results when I go to see dr. Kelly. I would recommend this place to everyone without hesitation!"

Allison C.

"I started coming to see dr. Kelly a month ago after a car accident that left me with neck pain, daily headaches, upper, mid and low back pain. Since coming to see dr. Kelly I feel SO much better! He is a great chiropractor, he's open and easy to talk to and really listens to you. The clinic is very welcoming and I would highly recommend this place to anyone who needs a chiro!"

Rebecca C.

"Dr. Kelly and his staff are very friendly, professional, punctual and accommodating. I see Dr. Kelly once a month and have been coming for 13 years and my monthly routine helps with pain."

Esther S.

*If you wear  
out your  
body...  
Where will  
you live?*



*"I have been coming to see Dr. Kelly for 6 years and both my daughters have been coming since they were babies. Dr. Kelly is very nice, professional and all of my issues have been resolved thru coming to see him, and my girls and I rarely get sick. The front desk staff are the best, the atmosphere is friendly and warm, I would recommend dr. Kelly to anyone."*  
Tammy B.

*"This clinic is always upbeat, welcoming and professional. Dr. Kelly is very approachable, proactive and is a straight shooter, he will tell you what you need to do to get well. The front desk staff are awesome, very accommodating. I always get relief after being adjusted and I would absolutely recommend this clinic to anyone!"*  
Delia E.

*"I have been bringing my dog Max to see Dr. Kelly for a year and a half. Dr. Kelly is wonderful, he's great with animals and the results are amazing. Sometimes Max can barely move when I bring him in, and after the adjustment he has much better motion and so much energy! I would recommend anyone to Dr. Kelly, I would see him myself if I didn't already have a chiro when I brought Max to him!"*  
Melaney & Max

*"I started coming to Dr. Kelly 13 years ago, and although I don't come as consistently as I should, I always get relief from being adjusted. Dr. Kelly is very personable, he remembers everything I tell him and always asks about my family when I see him. The front desk staff are excellent, very nice!"*  
Lorie M.

*"I saw Dr. Kelly previously for laser therapy, and just started coming to see him for chiro 1 month ago. I cannot believe how great I feel since starting treatment. I've had back surgery, and I never thought my range of motion would ever be the same since then, but it's improved beyond belief thru being adjusted. I went golfing last week and golfed better than I ever have! I feel like a million bucks. Dr. Kelly is informative, warm, funny and knowledgeable. He explains everything that he's doing and really makes you feel at ease. The front desk ladies are wonderful, I always have nice chats with them, and the clinic itself is fabulous, I love it. I would absolutely recommend dr. Kelly to anyone looking for a chiropractor!"*  
Joyce H.



*"When I first started coming to see Dr. Kelly I couldn't even move my neck! My problems have been resolved and I always get relief, it's excellent. The atmosphere in the office is great, I love Dr. Kelly to pieces, and the front desk staff are excellent!"*  
Jayne F.

*"Myself and my family have been coming to see Dr. Kelly for 7 years, we have gotten positive results and my quality of sleep and activities has greatly improved. The atmosphere in the office is welcoming, Dr Kelly is friendly, and we have a positive relationship with the rest of the staff as well. I would definitely recommend Dr. Kelly!"*  
Louie S.

*"I would give Dr. Kelly and his staff 5 stars!! I have been seeing Dr Kelly for 9 years for chiro adjustments and have also done laser therapy and have gotten huge relief from both! I sit at a computer all day and being adjusted offers me such relief. The atmosphere in the office is welcoming, and I love visiting with Dr. Kelly's dogs in the office!"*  
Grace S.

*"A person without a sense of humor is like a wagon without springs. It's jolted by every pebble on the road."*

*~ Henry Ward Beecher*



**Thank You!**