



Wellness & Prevention Programs

Provided By
Perkins Family Chiropractic
Dr. Coby Perkins



- The effects of work-related stress often show up as headaches or tension in the muscles, neck, spine and nervous system.
- 50% of working age people have back symptoms each year.
- Back symptoms are the most common cause of disability for persons under 45.
- On any given day, almost 3 million Americans are chronically disabled and a similar number are temporarily disabled due to back problems.
- A study reported on WebMD in 2004 found that chiropractic care cut the cost of treating back problems by 28%, back surgeries were reduced by 32%, and hospitalizations were reduced by 41%.



We understand how important it is to stay healthy! Dr. Coby Perkins is available to provide your business, organization, or group with a great wellness presentation on “How to Stay Young The First 100 Years” or one of the other topics listed below!

To arrange for a presentation, please contact Stacy TODAY at (806) 331-2225.

**How to Stay Young
The First 100 Years**



Stress Management



Cold Laser Therapy



Back Injury Prevention



“I’ve enjoyed considerable longevity as a professional athlete. I am now working on longevity in life. Chiropractic has been and continues to be a key element of my game plan.” – NFL Football Legend & “Dancing With The Stars” Celebrity JERRY RICE

