

We treat the problem, not just your symptoms!

*"Celebrating over
23 Years
of Service"*



Graduates of St. Ed's, brothers Dr. Daniel, '75 (center) Dr. Peter, '77 (left) and Steve Horn '76 run **Advanced Medical & Wellness**, a physical medicine & sports injury, rehabilitation clinic along with Dr. Robert Kunz, DC, medical doctors and physical therapist on one team.

GOOD LUCK ST. ED'S FOOTBALL!!

The Horns grew up in Streamwood with another brother and two sisters. They went to school at St. Edwards High School in Elgin and then attended Elgin Community College prior to receiving their chiropractic degrees at National Chiropractic College in Lombard.

A Guide To A Healthy and Injury-Free Child Athlete:

1. Proper nutrients and hydration (watch the junk food)
2. Proper rest (minimum of eight to ten hours of sleep each night depending on age)
3. Warm-ups, stretching arms, legs, and back
4. Strengthening arms, legs, back and abdominal muscles
5. Evaluate and treat early complaints of pain or discomfort (don't mask the symptoms or just wait for the pain to go away)

Sport Physicians, or Physical Therapists incorporate a comprehensive approach which includes:

- A. Early intervention with evaluations by sports physicians.
- B. Prescribed warm-ups, strengthening and skill programs
- C. Heat and/or ice, electrical therapy & chiropractic.
- D. Closely monitor and review the child's progress, updating the treatment and exercise programs.

(see complete article on our website newsletter)

www.InPainCallNow.com

\$25 EXAM

**Includes: Preliminary Consultation,
Orthopedic Exam (up to 100 tests),
& X-rays (one view if needed)**

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Dr. Panna Goswami, MD, PMR **Dr. Peter J. Horn, DC, CCSP**
(Physical Medicine & Rehabilitation) *(Certified Chiropractic Sports Physician)*

Dr. Daniel P. Horn, DC

Dr. Robert J. Kunz, DC

Aeba Thankaraj, PT



**ADVANCED
MEDICAL & WELLNESS**
OF SPRING HILL S. C.

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428-1515

Located 1/2 block north of Spring Hill Mall, (Route 31 & Huntley Rd.) In Huntley Square Plaza, Suite #101