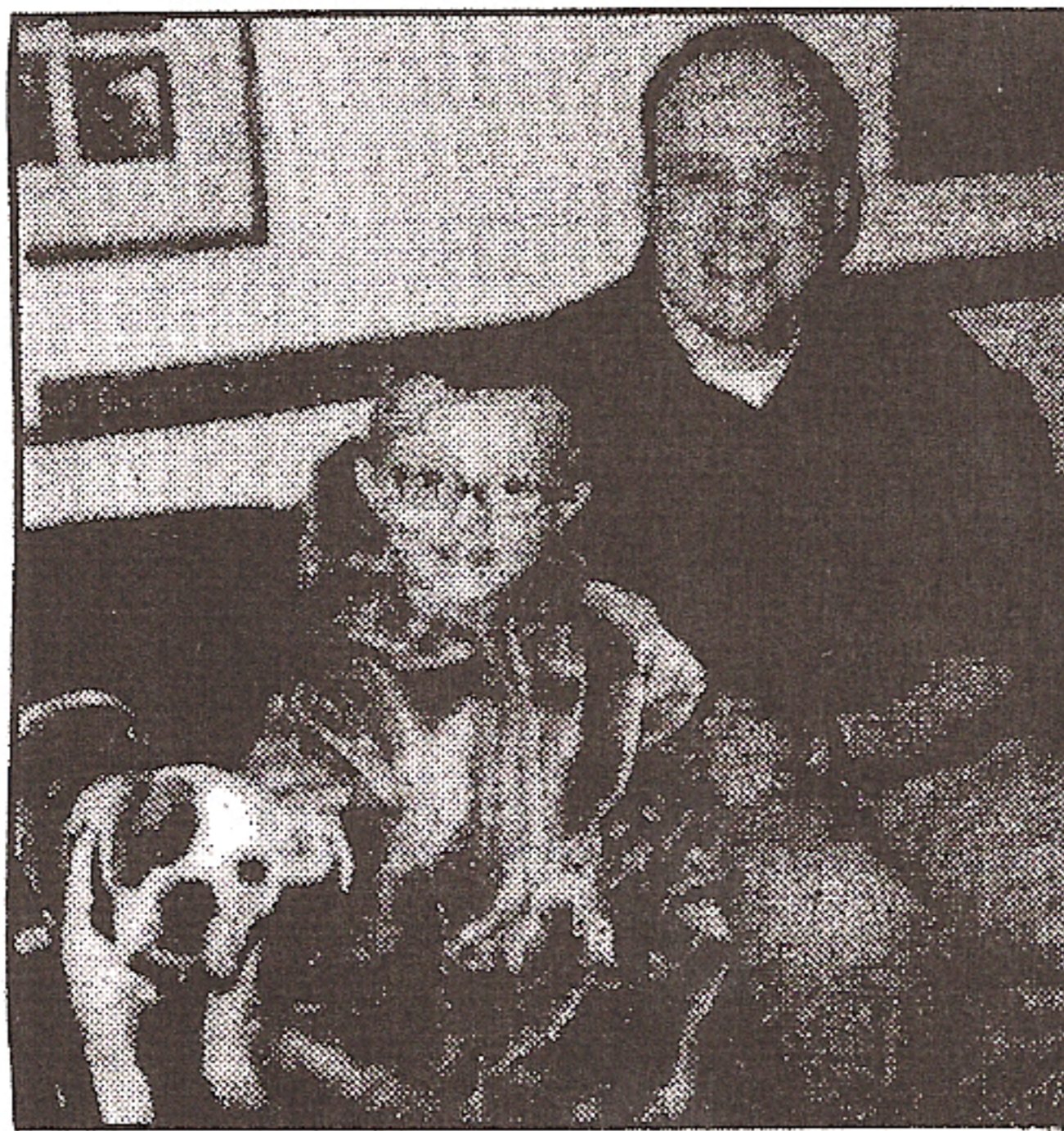


## The Family Business

### Helping Kids and Families Back to Health

If your back aches, your whole life is affected. When Dr. Jason Gilmore at Back to Action Chiropractic Care was in college, he injured his back playing ice hockey. A trip to a chiropractor not only eased his pain and helped heal, it changed the direction of his life.

Now a licensed chiropractor in the Back to Action clinic in Mountlake Terrace, Dr. Gilmore knew he wanted to enter a health care field from childhood. His mother developed rheumatoid arthritis in her mid-twenties. Her difficulties and pain in performing even the most routine of household tasks meant that her son had to help out on a regular basis.



#### Chiropractic Care

Chiropractic is a health care system that focuses on the structure of the body. Maintaining proper body structure (spine) can help the body function (nervous system) well. Chiropractic focuses on the neuro-musculo-skeletal system. Therefore commonly seen conditions are strains/sprains, bursitis, headaches, disc problems, leg pain (sciatica), and arthritis, to name just a few.

#### Helping, caring and running a business

Dr. Gilmore has been practicing for three years now, and has spent the last two years at Back to Action in Mountlake Terrace. Working with a group practice like Back to

Action allows the doctors to work out a schedule that fits with their families' needs as well as their work requirements.

Because a chiropractor is working for himself, he's also a businessman. Dealing with the managed healthcare system and fighting for proper reimbursement from insurance companies and marketing can take up a lot of time, but because he loves what he does, Dr. Gilmore feels like the added effort is worth it.

#### Kids, Moms and Chiropractic Care

One of Dr. Gilmore's special concerns is maintaining children's health through chiropractic care. There are six times in a baby's first year of life when spinal examinations are specifically important: After the birth process, when the baby starts to hold up his/her head; when the baby sits up; when the baby starts to crawl; when the baby starts to crawl.

Childhood is a very "physical time." Jumping and running, playing sports, falls and accidents are all part of a normal childhood. Yet these minor childhood traumas can cause spinal misalignments and nerve damage with serious consequences. Correction of vertebral subluxations in children's spines, which reduces postural, nerve and other stresses, can have a powerful effect on many aspects of their lives.

Many women experience low back pain during pregnancy. "If there's one group of people who need chiropractic spinal check ups more than any other, it's pregnant women," says Dr. Gilmore. Chiropractic care is especially needed during pregnancy because of the many physical and chemical changes the woman's body is going through. Because chiropractic care doesn't use drugs to control pain, it is safe for both the mother and her developing baby.

"I always wanted to help people," says Dr. Gilmore. Through chiropractic, he teaches people about alternatives to medication and surgery and gives them hope. This is a small business that gives back to the community.