

Better Back Health for Champions

Looking for ways to improve back health?

Lunch and Learns – Sample topics

- Proper workstation positioning
- Stress Relief Presentation
- Yoga/Stretch session
- Desk workout routines

10 minute tune up – Same as above, shortened to fit break schedules

Department chair massages – arrange for department mini chair massages by getting in touch with these providers

Contacts

- ***Charles Towne Chiropractic***: Dr. Mike Ferrentino
843-277-2750
miferrentino@gmail.com
- ***Pro Active Health & Wellness, LLC***: Dr. Andrew Partridge
843-388-8813 716-481-2633 cell
drp@proactivecharleston.com
- ***HealthSource of James Island***: Dr. Lee Russo
sublimespine@gmail.com
843-225-1236
- ***MUSC Massage Therapy***: Allison Sims
c4tminfo@gmail.com
803-840-3688

MUSC Massage Therapy:

Offers discounted pricing for massages for MUSC employees.

<http://academicdepartments.musc.edu/hsc/membership/services/massage/newmassage.html>