

Being Born Giving Birth Making Love Ill-Fitting Underwear Lifting Weights Picking Up A Child
Nursing A Baby Sneezing Falling Down Stairs Falling Up Stairs Slipping Off The Curb Ice Skating Walking
Car Accidents Tight Hugs Getting Angry Choking Raking Leaves Playing Football Playing Soccer Pollution
Working At The Computer Long Car Rides Rollerblading Watching The Packers Play Waiting Tables
Reaching For Something Bicycle Crashes Wrestling Commuting Dealing With Salespeople Staying Up Late
Carrying Luggage A Bad Day At Work A Good Day At Work Getting The Kids In And Out Of Their Car Seats
Sitting In Class Talking On The Phone Sleeping On A Plane Doing Laundry Driving A Truck The Near-Fall
Where Everybody Laughs – Including You – After They Realize You’re OK - Because You Looked So Clumsy
Doing A Split Falling Asleep On The Couch While Watching Television Falling Down Sitting In The Bleachers

Cheering For Your Kids Climbing A Ladder Playing Softball Practicing Piano Fighting With Your Brother
Getting Bad News Skateboarding Slipping On Ice Pats On The Back Diving Into A Pool A Strange Bed
Airplane Seats Tripping
Money Playing Drums
Doing Sit-ups Deadlines
Installing Carpet Stumbles
Walking With Crutches
Missing The Chair Filing
Being Kicked By A Horse
Dancing Waiting In Lines
Cheerleading Over-Eating
Selling Your House Opera
Carrying Your Pocketbook
Camping Pulling Weeds
Bowling Piggy-Back Rides
Picking Flowers Stress
Rooting For The Brewers
Feeling Rushed Slouching
Getting Hit By A Car
High School Reunions
Applying To Colleges
Climbing Into The Car
Big Cities Arm-Wrestling

Some Of The Many Things That Can Cause SUBLUXATIONS

Bending Over Being Hit
Driving In Heavy Traffic
Riding A Horse Running
Gymnastics Skiing Falls
Carrying Groceries Drugs
Volleyball Riding A Bike
Cleaning The Garage
Building A Deck Tennis
Typing Falling Out Of Bed
Working On The Car
Pulling On Pantyhose
A Bad Smell Worrying
Watching Television In Bed
Frustration Paying Bills
Pulling Off Boots Ironing
Riding A Mountain Bike
Nightmares Vacuuming
Reaching To A High Shelf
Talking On The Phone
Climbing Out Of The Car
Junk-Mail Bad Chairs

Parent-Teacher Conferences Moving Furniture Hanging Pictures The Wrong Mattress Tubing The Rapids
Coughing Gym Class Cleaning Your Room Sleeping “Wrong” Painting The Ceiling Giving The Dog A Bath
Trying To Scratch Your Own Back Watching The News Wearing The Wrong Kind Of Shoes Reading In Bed
Poor Posture Hanging Wallpaper Desk Work Doing Homework Not Getting The Homework Done Poisons
Trying To Reach The Drive-Up Mailbox Slot Fishing Putting Your Head In The Sink At The Hairdresser
In-Laws Out-Laws Mom’s Cooking Dad’s Cooking My Own Cooking Tax Returns Exercising Not Exercising
Telling The Teacher “I Forgot My Homework” Letting The Kids Use You As A Human Trampoline Playing
Lifting Boxes Final Exams Mid-Term Exams Working Overtime Swimming In The Ocean Pushing A Swing
Combing The Dog Babysitting Movie Theater Seats Bad Movies Your Old Sofa Pop-Quizzes A Bad Hair Day
Setting Up A Tent Trying To Think Of Things That Cause Subluxations Doing My Chores Cleaning The Attic
Going Four-Wheeling Warehouse Work Washing Windows Being Chased By A Badger Mowing The Lawn
Being King Of The Hill Trimming The Hedges Boring Meetings Walking The Dog The Dog Walking You
The Kids Coming Down The Stairs One Step At A Time On Their Rear Ends Playing Tag Or Hide And Seek
Sitting In The Tree While Hunting Doing The Dishes Milking A Cow Learning To Walk Learning To Crawl
Backwashing The Filter On The Pool Weeding Packing For Vacation Unpacking From Vacation Sun Glare
Deciding Which Toys To Take Or Leave When Going On Vacation Commercial Difficult Customers
Fixing The Toilet Fixing The Shower Head Calling The Plumber Pizza That Burns The Roof Of Your Mouth
Cleaning Up After A Child Teaching A Teenager To Drive Using A Forklift Arguments The Day I Just Had

Just Living Life!