

Enjoy Life . . . free from Neck and Lower Back Pain

Get back to life with Dr. Vettichira's customized SpinaCORE Program

- Degenerative Discs
- Acute Back Pain
- Herniated Discs
- Neck Pain
- Posterior Facet Syndrome
- Sciatica

C Consultation & Diagnostics

O Optimization of Medical Management

Medications and other modalities.
Epidurals, Nerve Blocks, Facet joint & trigger point injections.

R Rehabilitation of the Spine

- **NON SURGICAL SPINAL DECOMPRESSION**
Accu-SPINA®, IDD Therapy®
- Stabilization and strengthening of the Cervical and Lumbar spine, Electrical Stimulation, Ultrasound techniques, Bracing, other Modalities etc.

E Education and Maintenance

Education, Life-style modification, Home Exercise program.

Call today for a Consultation with Susan Vettichira MD

(Board Certified Physical Medicine and Rehab Specialist, with additional fellowship training in INTERVENTIONAL SPINE CARE)

CARTERET MEDICAL SPECIALISTS, PLLC

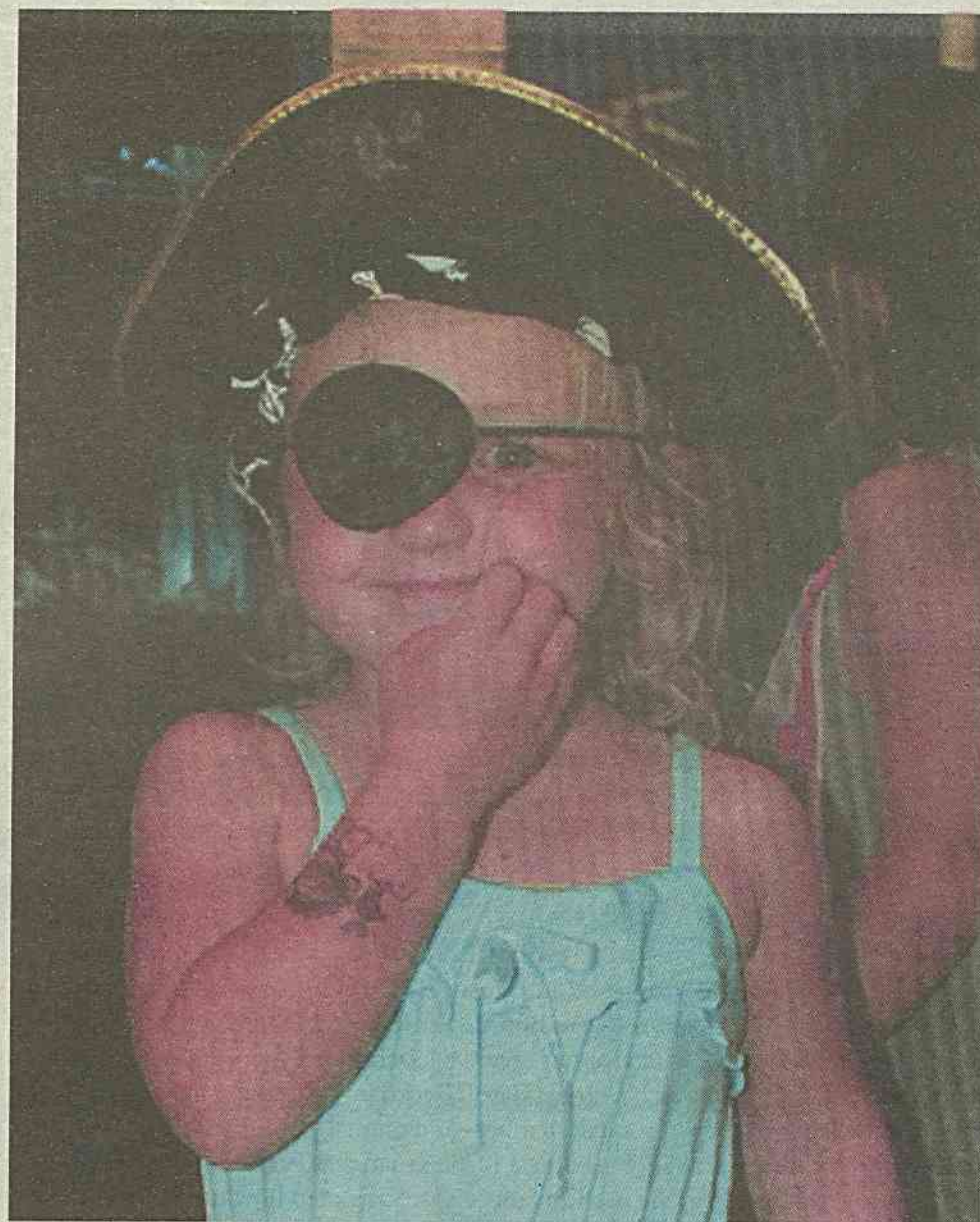
252.726.4000

www.SpinaCORE.com



NEW LOCATION:

147 Hestron Plaza, Suite 102, Hwy. 24, Morehead City



Pirate Family Nights

Calling all hands on deck for a treasure chest of pirate-themed family fun at the North Carolina Aquarium at Pine Knoll Shores every Thursday evening through August 11. The swashbuckling begins at 4 p.m. and continues as the sun sets over the yardarm through 8 p.m. Just be sure to get aboard by 7 p.m. when admission ends.

Pick up an eye patch, "grow" a beard or mustache, get a temporary tattoo, make yourself a hook and find your pirate name. Watch divers take a dip in Davy Jones Locker, a.k.a. the *Living Shipwreck*. Meet a favorite pirate pet, an alligator or other animal, in a creature feature and enjoy an animal feeding demonstration. Search for hidden treasure or show off your high-seas savvy and compete for a bounty of prizes in a pirate jeopardy quiz game. Insert yourself in a pirate scene for a family photo op.

Turn your spyglass to the *Queen Anne's Revenge* exhibit for special programs in conjunction with the North Carolina Maritime Museum in Beaufort about the excavation of this famous shipwreck, the artifacts recovered and what they say about life on board—and on land—in the 18th century. The aquarium exhibit features a realistic reproduction of the underwater archeological site thought to be the resting place of Blackbeard's flagship.

Pirate Family Nights are free with admission or membership.