Early to Rise Customer Support

What to do if you are injured

Stephanie H - 2020-02-20 - Exercise FAQs and Substitutions

Injuries are outside of Craig's scope of expertise. He is not a doctor. And can't answer injury-related questions over the Internet.

When Craig goes to his chiropractor, Dr. Michael Sommers at Evolve Chiropractic in the west end of Toronto, he gives Craig simple, yet effective advice for dealing with the minor injuries.

Please read Craig's article on 'What to do if you are injured' here:
http://www.earlytorise.com/what-to-do-if-you-are-injured/