

## 6 Reasons You Should See a Chiropractor for Work Injuries



Chiropractic is great for a lot of different health issues, and the latest scientific research shows that chiropractic is also a fantastic way to help employees prevent work injuries and recover quickly if they have been injured. Here's what the latest studies show:

1. Chiropractic cuts healthcare costs for employees. A study from 2012 found that when employees visit a chiropractor, they spend less money on health care.
2. Musculoskeletal pain is the largest cause of lost work time. And chiropractic is the best way to recover from back pain, neck pain, or sciatica.
3. Chiropractic actually helps prevent work disability. Employees in Minnesota were surveyed and researchers found that chiropractic patients were half as likely to miss work as were medical patients.
4. Chiropractic patients miss fewer days of work than medical patients. Lost time from work costs the US \$61 billion a year, and chiropractic helps get people back on the job quicker.
5. Pain drugs increase the chance of disability. Chiropractic works naturally, without risky drugs or surgery.
6. Chiropractic can be an effective way to treat carpal tunnel syndrome. Repetitive strain injuries (like carpal tunnel syndrome) are a common problem in factory workers or people who use a keyboard all day (Source: [advancedspinenv.com](http://advancedspinenv.com)).

*If you've been injured on the job or suffer from chronic pain that interferes with your ability to work, Dr. Adam Nachmias at Nachmias Chiropractic can help you! We accept most insurances, see list here: <http://calldradam.com/insurance-accepted/>*

To book an appointment, call any of our offices:

Brooklyn: 718-832-7300

Manhattan: 212-924-1700

Or book your appointment online:

<http://calldradam.com/contact/book-online/>

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