

Be Surprised....Chiropractors Can Treat These Conditions (Part 3)



The third surprising condition chiropractors can treat is:

Fibromyalgia

Fibromyalgia is a widespread condition that affects about 2 percent of the United States. Medical science has yet to discover the cause of this condition.

What is known is that fibromyalgia is a chronic disorder involving widespread pain and sensitivity throughout the entire musculoskeletal system. To be diagnosed with FM, a patient typically has a minimum of 11 specific tender points on the body, out of 18.

In addition to pain, patients also report long-term fatigue and/or disturbed sleep and mood. Other disorders commonly associated with FM include irritable bowel syndrome, TMJ pain and dysfunction, psychological conditions and some autoimmune diseases.

Since those with FM often experience an altered mood, like depression, many experts focus on the psychological aspect of the disease. Others believe that FM is more physiological and has its origins in physical trauma or chronic postural alterations.

However, some experts suggest that FM is a central nervous system disorder rooted in neurochemical imbalances, since those with FM are hypersensitive to even the slightest stimuli and often have a pain response to normally non-painful pressure or activity. Since all information from the outside world is collected and analyzed by the nervous system,

it's logical to assume that if a person with FM is sensitive to a stimulus that others are not, there may be something wrong with this system.

Many times it's difficult for patients to find solutions for all of their symptoms, but studies have shown that chiropractic adjustments combined with a soft tissue technique called ischemic compression, can help fibromyalgia patients. In a recent study, 60 percent of the subjects treated by a chiropractor experienced significant improvements such as; reduced pain, better sleep and decreased fatigue.

What Can Your Doctor of Chiropractic (Dr. Adam Nachmias) Do For You?

- Dr. Adam is trained as a neuromusculoskeletal specialist, and one of the main focuses of chiropractic care is the positive impact adjustments have on the nervous system. The spinal adjustments will improve a fibromyalgia patient's nervous system, which in turn gives them a better chance for recovery and pain relief.
- Dr. Adam can also treat pressure points, back pain, neck pain, shoulder pain, headaches and pain from musculoskeletal injuries. The spinal adjustments reduce overall pain, increase mobility and boost the immune system. These are all important factors for fibromyalgia patients.

Get To Know Dr. Adam Nachmias

If you are still in thought and want to know what other patients think about Dr. Adam Nachmias and his work....we are happy to provide these links to his patient reviews on ZocDoc, Yelp and Facebook:

Reviews ZocDoc: <https://www.zocdoc.com/doctor/adam-nachmias-dc-49898>

Reviews Yelp: <http://www.yelp.com/biz/adam-nachmias-dc-new-york>

Reviews Facebook: <https://www.facebook.com/nachmiaschiropractic/reviews/>

Dr. Adam also got voted "2015' Best Chiropractor in New York and Brooklyn", by opencare.com.

Book your chiropractic exam and consult by calling any of our offices:
Brooklyn: 718-832-7300
Manhattan: 212-924-1700

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

Welcome to find pain relief at Nachmias Chiropractic!