

## **Be Surprised....Chiropractors Can Treat These Conditions (Last Article, Part 5)**

*The miniseries with surprising conditions chiropractors can treat has reached out to a good number of viewers. Keep following our Facebook, and now also Twitter ([twitter.com/NachmiasChiro](https://twitter.com/NachmiasChiro)), and stay updated on all the latest news about chiropractic, health and pain relief. Our goal is to spread knowledge and make your life healthier, easier and most certainly pain free.*

*The last condition in this miniseries is flexibility:*



### **Flexibility**

As we age, a number of health conditions and the cumulative effects of wear and tear can affect our ability to move the way we used to. A decrease in range of motion and flexibility can in turn result in a downward spiral of disability.

It's common that an injury or degenerative condition that causes pain, swelling and stiffness, may limit our flexibility and range of motion. Without regular exercise, the muscles and joints stiffen and adhesions and scar tissue can form. Also the mobility may be further reduced.

If a condition like that worsens and isn't treated, a person can become completely incapacitated, and ordinary tasks such as picking up something from the floor or tying on shoes can become extremely challenging and painful.

***Regular chiropractic care can reduce or eliminate the source of your back and joint pain, allowing you to resume your normal activities and to remain more flexible into your golden years.***

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

- Dr. Adam uses spinal adjustments and manipulations to realign the bones and joints. This in turn will reduce pain, restore range of motion and improve flexibility, balance and coordination.
- Dr. Adam can also recommend specific exercises that can be done at home to increase your strength and flexibility, so that you're able to maintain and build upon the gains from your chiropractic adjustments.

***Get To Know Dr. Adam Nachmias?***

*If you're still in thought and want to know what other patients think about Dr. Adam Nachmias and his work, find out more by reading his wonderful 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/>

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/>

**We warmly welcome you to increase flexibility and mobility at Nachmias Chiropractic!**

(Source and inspiration for the miniseries: health.usnews.com)