

## Breaking the Myth - Chiropractic Adjustments DON'T HURT!



*Relax!, there is no bone snapping or warrior-style pulling heads off the spinal column. The neck and back adjustments chiropractors use sometimes cause anxiety for some patients not familiar with chiropractic care, but are actually gentler than they think, and involves a quick, direct thrust to a specific spinal joint to re-align it.*

The sound an adjustment makes is called a cavitation, and is only the sound from space being created within the joint causing gasses to be released from the joint capsule, which creates the popping or cracking noise.

Chiropractic adjustments will not wear your joints out, as some people think because they have been warned; not to “crack their knuckles” for this reason in the past. Adjustments, unlike “knuckle cracking” or having your friend stomp on you while you lay on the carpet, are applied specifically to improve the motion of your joints and limit the small dysfunctions that over time can lead to arthritis.

To summarize, chiropractic adjustments re-align the spine and nervous system when moved out of place as a result of an injury, bad ergonomics at work, bad posture etc.

When Dr. Adam Nachmias at Nachmias has re-aligned the spine properly again, the nervous system can fully function. This in turn will relieve you from pain and also increase mobility.

*Most people after an adjustment describe the feeling as being lighter, having greater ease in moving the body, and being able to stand up taller.*

Book your chiropractic exam and consult with Dr. Adam Nachmias, and start feeling lighter, taller and pain free!

Call any of offices:

Manhattan, call: 212-924-1700

Brooklyn, call: 718-832-7300

**We welcome you to start your journey to a pain free life with Nachmias Chiropractic!**