

Chiropractic Research – Chiropractic Care Is As Effective As Conventional Care



Chiropractic care continues to grow as an eligible form of treatment for lower back and neck pain. Today a growing number of physicians actually agree. Dr. Alan Hilibrand, a professor of orthopedic surgery and neurosurgery at Thomas Jefferson University in Philadelphia and a spokesman for the American Academy of Orthopedic Surgeons, says: *“At least as far as low-back pain is involved, it poses very little risk, and there are a lot of real advantages to it in this world of more and more medicine, and more and more opiate addiction.”*

Say Good Bye to Chemical Medications

Dr. Richard Deyo, the Kaiser-Permanente endowed professor of evidence-based medicine at Oregon Health and Science University and the author of “Watch Your Back!” called chiropractic care for lower-back pain “a reasonable alternative for people who would prefer to avoid medication or high-tech intervention. Dr. Richard says: *“More doctors are referring patients to chiropractors and more insurance plans are covering them for reasons that included - growing evidence that chiropractic care may be approximately as effective as conventional care, at least for back pain”.*

No Need to Worry About Chiropractic Adjustments

William Meeker, president of the Palmer College of Chiropractic-West Campus in San Jose, Calif., maintained that the risk of a chiropractic adjustment causing “morbidity or mortality” was a fraction of the risk of taking a course of aspirin. Chiropractors are generally better trained than ever, minimizing the risk of harm from such procedures. The standard is four to five years of postgraduate study at a chiropractic college and at least

one year of supervised patient care. Before chiropractors can practice, they must also pass a national exam and be licensed by their state (Source: <http://well.blogs.nytimes.com>).

Furthermore, studies have shown that chiropractic treatments or exercises given from your chiropractor, may be more effective than painkillers for the relief of neck pain.

So....what are you waiting for? Book your chiropractic exam and consult with Dr. Adam Nachmias at Nachmias Chiropractic today. Dr. Adam was voted 2015's best chiropractor in both New York and Brooklyn, so rest assured that you have chosen the best family wellness chiropractor. See awards here: <http://calldradam.com/>

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/>

**We warmly welcome you to Nachmias Chiropractic –
Your Family Wellness Chiropractor!**