

Evidence Supports Chiropractic Care – It Really Works!



A Cochrane Review of spinal manipulation therapy for chronic low back pain shows that at *minimum*, it's as effective as exercise therapy, standard medical care or physiotherapy. *Cochrane Reviews are systematic reviews of primary research in human health care and health policy, and are internationally recognized as the highest standard in evidence-based health care resources.* Source: cochrane.org.

The review also shows that non steroidal anti-inflammatory drugs, which doctors commonly prescribe to alleviate back pain, only have a slight effect for back pain, but also have many side effects and cause adverse reactions (adverse reaction - when the drug actually worsens the condition or symptom).

Today chiropractors are very effective in alleviating neuromusculoskeletal disorders and medical practitioners are and should feel confident working with chiropractors.

However, skeptics are right to question treatments and the education of the chiropractor if they don't have evidence to support their practice. All good health care providers will give patients evidence-based information to allow their patients to make informed choices, which Dr. Adam Nachmias at Nachmias Chiropractic always does. **Dr. Adam didn't get voted 2015's Best Chiropractor in both New York and Brooklyn for nothing!**

Still Not Convinced and Need More Proof?

Read Patient Reviews of Dr. Adam Nachmias on ZocDoc, Yelp and Faceook:

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 discover the benefits of chiropractic care
at Nachmias Chiropractic!**