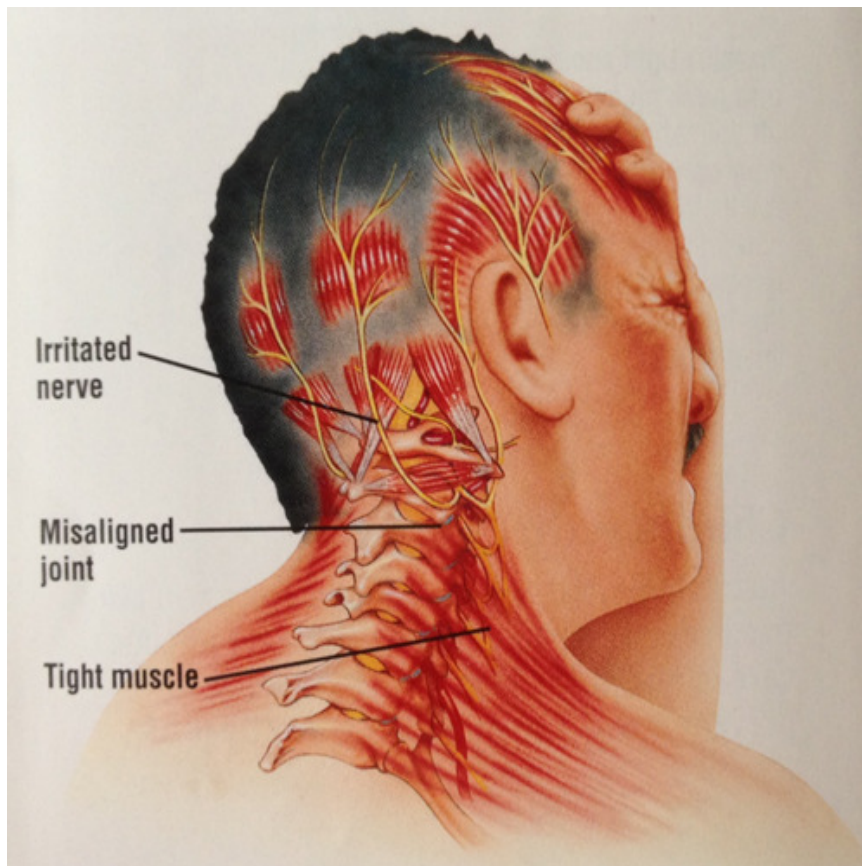


How Does Stress Affect My Body?

Healthy muscles contract and relax as you move. But when muscles tense in response to stress, they can't relax fully. When stress persists, the muscles become tight – like knots in a rope. Tight muscles can pull joints out of alignment, irritating nerves and causing pain. If your spine is misaligned, the rest of your body become even more prone to stress and disease.

Can Chiropractic Care Help Me?

Your doctor of chiropractic looks at your overall health – focusing not only on the symptoms but also on the causes of stress. This total approach to wellness helps determine the best treatment for your problem.



History

To help find the causes of your pain, you and your chiropractor discuss your symptoms, any prior injuries, your health history, and your lifestyle, including sources of stress in your work and home life.

Physical Exam

Physical, orthopaedic (bone and muscle), and neurological (nerve) tests can help reveal the effects of stress on your muscles and joints. Static and motion palpation tests check for pain, stiffness, and restricted range of motion. Your chiropractor may also check your gait (the way you walk) and the way you sit and stand.

X-rays

As “blueprints” of your bones, x-rays can reveal misaligned joints in your spine and legs. Other tests may be done, if needed.

Diagnosis

Based on the results of your exam and tests, your doctor of chiropractic will recommend a treatment program to reduce pain and relive stress. If needed your chiropractic also consults with or refers you to other medical specialists.

How Does a Chiropractor Treat Stress?

Your doctor of chiropractic is trained to restore the health of your spine and joints. Adjustments and related treatments can help relive tense muscles, realign joints, and reduce pain caused by stress.

What Can I do to Manage Stress?

You can't get rid of stress in your life, but you can learn to manage it. Your chiropractor can suggest a stress reduction program for you. It may include muscle relaxation, deep breathing, exercise, visualization to clear your mind, proper diet and enough rest.

Let Dr. Adam Nachmias at Nachmias Chiropractic help you reduce stress levels and relieve you from pain. Call any of the offices to book your appointment:

Manhattan office, call: 212-924-1700

Brooklyn office, call: 718-832-7300