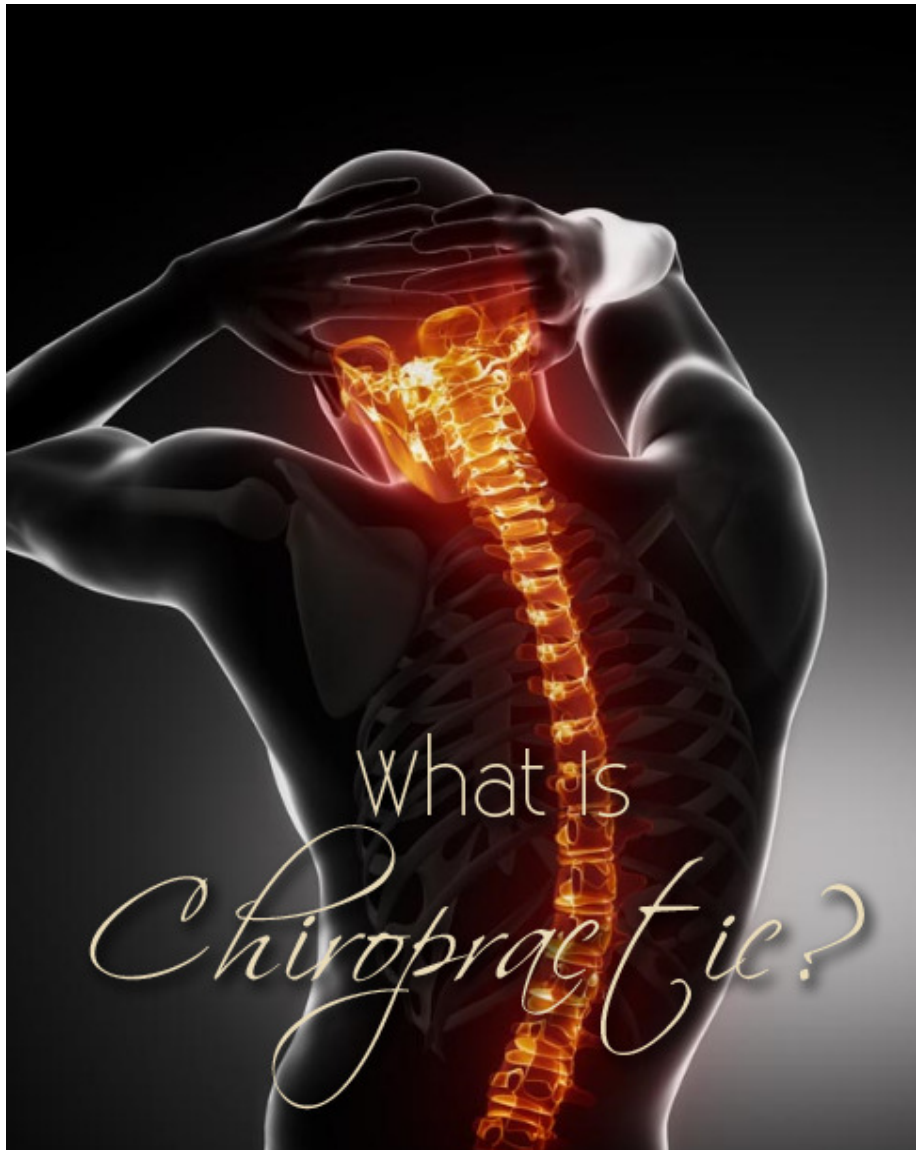


Reminder - What Is Chiropractic and What Are The Benefits?



Here comes a reminder to refresh your mind about what chiropractic is all about.

Chiropractic is about using hands-on spinal manipulation and other alternative treatments. The theory being that proper alignment of the body's musculoskeletal structure, particularly the spine, will enable the body to heal itself without surgery or medication. Manipulation is used to restore mobility to joints restricted by tissue injury caused by a traumatic event, such as falling, or repetitive stress - such as sitting without proper back support.

Chiropractic is primarily used as a pain relief alternative for muscles, joints, bones, and connective tissue, such as cartilage, ligaments, and tendons. It is sometimes used in conjunction with conventional medical treatment.

What Does Chiropractic for Pain Relief Involve?

Your chiropractor, Dr. Adam Nachmias at Nachmias Chiropractic, first collects information about your medical history, performs a physical examination, and may use lab tests or diagnostic imaging to determine if treatment is appropriate for your back pain, neck pain, chronic headaches/migraines, allergies, joint pain etc.

The treatment plan may involve one or more manual adjustments in which Dr. Adam manipulates the joints, using a controlled, sudden force to improve range and quality of motion. Dr. Adam might also incorporate exercise/rehabilitation into the treatment plan. The goals of chiropractic care include the restoration of function and prevention of injury in addition to pain relief.

What Are the Benefits of Chiropractic Care?

Spinal manipulation or chiropractic care is considered a safe, effective treatment for acute low back pain. Research has also shown chiropractic to be helpful in treating neck pain, headaches/migraines and allergies. In addition, osteoarthritis and fibromyalgia may respond to the moderate pressure used both by chiropractors and practitioners of deep tissue massage.

When Shall You Avoid Receiving a Chiropractic Treatment?

People who suffer from osteoporosis, spinal cord compression, or inflammatory arthritis, or who take blood-thinning medications should not undergo spinal manipulation. In addition, patients with a history of cancer should first obtain clearance from their medical doctor before undergoing spinal manipulation.

All treatments are based on an accurate diagnosis of your pain, so you can feel absolutely safe. Always inform Dr. Adam about your medical history, including ongoing medical conditions, current medications, traumatic/surgical history, and lifestyle factors.

Just as you need regular dental exams, we recommend you to receive regular chiropractic exams. Chiropractic care is one of the best ways to manage or prevent pain and illness and to maintain a healthier life.

To book a chiropractic exam and consult, call any of our offices:

Brooklyn: 718-832-7300

Manhattan: 212-924-1700

Or book your appointment online here:

<http://calldradam.com/contact/book-online/>

Welcome to come and heal you body naturally with the help of Nachmias Chiropractic!