

What is Chiropractic Care Exactly?



A doctor of chiropractic medicine is a state-licensed physician, who identifies and treats conditions associated to the musculoskeletal system—the muscles, joints, and ligaments of the spine and limbs. By addressing painful symptoms utilizing drug-free, non-invasive techniques, chiropractors may aid in the treatment of more serious health conditions as well. Furthermore, a chiropractor can complement the traditional medical care you receive.

The most common form of chiropractic treatment performed by chiropractors is spinal manipulation, which requires that the chiropractor applies controlled force with his or her hands on the area that is causing pain. This in turn is resulting in an increased range of motion, and improved joint function.

Although manipulations rarely cause physical discomfort, a popping sound may be heard during an adjustment. However, the noise is simply the result of oxygen, nitrogen, and carbon dioxide gas bubbles being released due to the change of pressure within the joint.

In conjunction with manipulations, chiropractors may also employ additional treatment tools—ice and/or heat, massage, electric muscle stimulation, pelvic blocks (foam support wedges that modify body placement during spinal manipulation), and cervical & lumbar traction to decompress the spine & aid in healing discs (a spring-loaded tool that applies low-force impulse to the spine)—to aid in the resolution of inflammation and pain.

While most patients feel instant relief following diversified technique adjustments, some patients may experience minor discomfort that typically vanishes within 24 hours.

Chiropractor care focuses on prevention. In other words, the goal of chiropractic care is to restore your health over the long term, rather than to relieve your symptoms over the short term (Sources: iuhealth.org & health.clevelandclinic.org).

Your first choice of chiropractor in the New York and Brooklyn area should without a doubt be Dr. Adam Nachmias at Nachmias Chiropractic. Dr. Adam got voted 2015's Best Chiropractor in both New York and Brooklyn. Moreover, read his outstanding patient reviews and understand why I (the author) dare to declare so:

<http://calldradam.com/chiropractic/patient-reviews/>

To book your chiropractic exam and consult with Dr. Adam Nachmias, call any of our offices:

Brooklyn: 718-832-7300

Manhattan: 212-924-1700

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

Until July 2nd, 2016, you can take use of our “Spring Into Health Campaign” and get 3 chiropractic adjustments/therapies for \$75 only. Follow the link and print the ad. Present it to the office upon arrival, or show it online, to receive the discount:

<http://calldradam.com/offers/>

Welcome to find relief at Nachmias Chiropractic!