

What Is Chiropractic Care?



Chiropractic is a natural method of healthcare that treats the causes of physical problems rather than just the symptoms. Chiropractic is based on a simple but powerful premise: With a healthy lifestyle and normally functioning nerves, joints and spine, your body is better able to heal itself. That's because the spinal cord, which is protected by the spine, is the main pathway of your nervous system. It controls movement, feeling, and function throughout your body.

Dr. Adam Nachmias at Nachmias Chiropractic has extensive years of professional training in the science and healthcare, which lead to a doctor of chiropractic (DC) degree. Dr. Adam works to restore your health and guides you in a personalized approach to overall wellness.

Can Chiropractic Care Help Me?

Yes, Dr. Adam will look at your overall health – focusing not only on the symptoms but also the causes to your pain. This total approach to wellness helps determine the best treatment for your problem. Then he will discuss your symptoms and any prior injuries, your health history, and lifestyle.

Dr. Adam performs static and motion palpation tests to check for pain, stiffness and restricted range of motion. He may also check your gait - the way you walk, sit and stand.

Also X-rays can reveal misaligned joints in your spine and legs. And if needed, other tests might be ordered.

Just as you need regular dental exams, Nachmias Chiropractic recommends you to do 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 an 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/>

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