

You Might Also Wonder About This? - Questions & Answers About Chiropractic Care



How do you know if you need realignment from a chiropractor?

You might notice pain or stiffness in the muscles or joints. If you have had any falls, sport injuries or auto accidents, you may benefit from being realigned to ensure proper healing. Some other common complaints are headaches and migraines, grinding and clenching of the teeth, and trouble sleeping.

Can a chiropractor help hip area bursitis?

Yes, chiropractic uses a variety of techniques that alleviate the pain and reduce inflammation. Chiropractic care tries to uncover the true cause of the bursitis. You may have bad posture that causes excessive use of the bursa, resulting in inflammation, or you may have some weakness in the surrounding muscles that strains the bursa, causing the bursitis.

Do you ever use chiropractic for treatment of infertility?

Yes, the spinal nerves come out of the low back and connect to the reproductive organs of both males and females. When there is misalignment of the low back, it can interfere with the nerve transmission from the brain to the reproductive organs. Not every person with infertility is a candidate, so a detailed examination is the first step.

How long should you continue seeing a chiropractor before judging that it isn't working?

It really depends on how bad or complicated your problem is. Unfortunately, there is no magic number to how many visits someone with neck or back pain need before they get better. The best suggestion is to always be open and honest with your chiropractor, so you both can work together to help you feel better.

Is chiropractic for all ages?

Many seniors aren't aware of the benefits of chiropractic care which can help them not only with pain relief, but also increase range of motion, balance and coordination, and decrease joint degeneration. There's no patient too young for chiropractic either! Chiropractors check infants moments after birth for misalignments of the upper vertebrae that may occur as a result of the birth process. In addition to supporting overall health and well-being, parents also take their children to chiropractors to encourage healthy brain and nervous system development, to assist with colic, asthma, allergies, bed-wetting and sleeping problems, and to assist with behavioral disorders.

What can I expect from my chiropractor?

It surprises many people that chiropractors give advice on nutrition, fitness, ergonomics and lifestyle, screen for conditions unrelated to the musculoskeletal system and refer out to other practitioners when necessary. Chiropractors are also able to complete specialties in other areas such as pediatrics, sports rehabilitation, neurology, clinical nutrition, and addictions and compulsive disorders.

Will chiropractic care help you to get sick less often?

Yes, studies have indicated that adjustments consistently reduce the production of pro-inflammatory mediators associated with tissue damage and pain, and may also enhance the production of immunoregulatory complexes important for healthy immune system defence.

To have a healthy nervous system, boost body function and the overall immune system. Dr. Adam Nachmias at Nachmias Chiropractic is here for you to answer all your questions and concerns, and also to heal you from pain and injuries. No questions are stupid, so don't be afraid to ask.

Book your next appointment by calling any of our offices:

Manhattan: 212-924-1700

Brooklyn: 718-832-7300

Or book online here:

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

Welcome to start healing today!