

Can Chiropractic Relieve Me From Stress?



Nachmias
Chiropractic

NYC, Chelsea & Brooklyn
043015

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?

Dr Adam Nachmias at Nachmias Chiropractic will look 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.

To help find the causes of your pain, your symptoms will be discussed, but also 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. Dr. Adam may also check your gait, meaning 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 executed, if needed.

Diagnosis

Based on the results of your exam and tests, Dr. Adam will recommend a treatment program to ease your pain and stress levels. If needed he will also consult with, or refer you to other medical specialists.

How Does It Really Work?

Dr. Adam is trained to restore the health of your spine and joints. Adjustments and related treatments can help relieve tense muscles, realign joints, and reduce pain caused by stress.

Stress has very bad effects on your health. Let Dr. Adam Nachmias at Nachmias Chiropractic help you reduce stress levels and relieve you from pain before it gets unbearable.

Call any of the offices to book your appointment:

Manhattan office, tel: 212-924-1700

Brooklyn office, tel: 718-832-7300

About

Nachmias Chiropractic was founded October 20, 1990, and was recently celebrating its 24th anniversary. Dr. Adam Nachmias provides quality, chiropractic care in a friendly, relaxed environment. Nachmias Chiropractic also offer massage therapy and have offices in both Brooklyn and Manhattan.

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