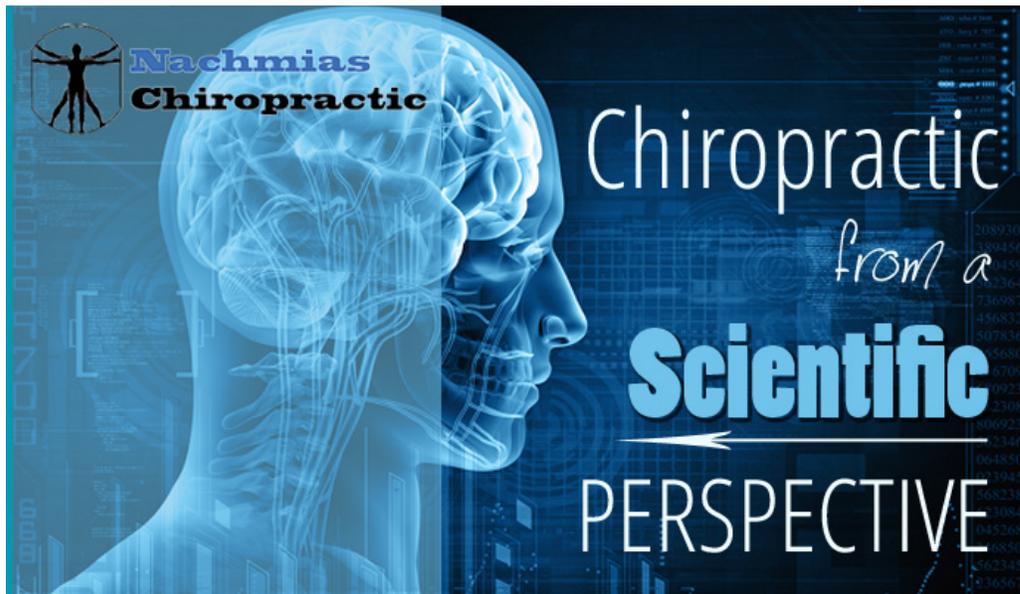


Chiropractic from a Scientific Perspective



Chiropractic is based on the notion that the relationship between the body's structure (primarily that of the spine) and its function (as coordinated by the nervous system) affects health.

Although, practitioners may use a variety of treatment approaches, they primarily perform chiropractic adjustments or so called spinal manipulations to correct misalignments, alleviating pain, improving body function, and to support the body's natural ability to heal itself.

Most research on chiropractic has focused on spinal manipulation. Spinal manipulation appears to benefit people with low-back pain and is also helpful for headaches, neck pain, upper- and lower-extremity joint conditions, and whiplash-associated disorders.

Like with most treatments there are some mild side effects you might experience after chiropractic adjustments. They can include; temporary headaches, tiredness, or discomfort in the parts of the body that were treated. There have been rare reports of serious complications such as stroke, but whether spinal manipulation actually causes these complications is unclear. Safety remains an important focus of ongoing research.

Chiropractors may combine the use of spinal adjustments and other manual therapies with several other treatments and approaches such as:

- Heat and ice
- Electrical stimulation
- Relaxation techniques
- Rehabilitative and general exercise
- Counseling about diet, weight loss, and other lifestyle factors

A 2010 review of scientific evidence on manual therapies for a range of conditions concluded that spinal manipulation/mobilization may be helpful for several conditions in addition to back pain, including migraine and cervicogenic (neck-related) headaches, neck pain, upper- and lower-extremity joint conditions, and whiplash-associated disorders (Parts taken from: nccih.nih.gov).

Whenever in pain, seek relief at Nachmias Chiropractic. Dr. Adam Nachmias has been serving the community since 1990 and has extensive knowledge in the field of chiropractic and massage therapy. He recently got awarded 2016's Best Chiropractor in New York for the second year in a row. Find more information here:

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