

Reduction in Frequency & Severity of Erectile Dysfunction and Chronic Low Back Pain in 53-Year-Old with Chiropractic



Most men, at some point in their lives, will experience erectile dysfunction. According to the "Merck Manual for Healthcare Professionals," at least 10 to 20 million men in the U.S. suffer from erectile dysfunction.

Causes of Erectile Dysfunction

The cause of erectile dysfunction can be both physical and emotional. It can be as simple as a side effect from a medication, stress, relationship issues, or be a sign of an underlying health condition like; diabetes or heart disease. Apart from psychological causes of erectile dysfunction, these are some possible physical causes:

- heart disease
- diabetes
- high blood pressure
- high cholesterol
- low testosterone levels
- metabolic syndrome
- obesity
- multiple sclerosis
- excessive alcohol consumption
- pelvic subluxations

Chiropractic adjustments helped a 53-year old man that was partaking in a case study (see below) by Howard & Harry Hadley, both B.A., D.C. Undergoing a series of adjustments resulted in improved erectile function. The adjustments also made him pain-free from low back pain.

Abstract

Objective

To record the improvements seen in a 53-year-old male patient with a history of erectile dysfunction and chronic lower back pain.

Clinical Features

The man first presented for chiropractic care with a chief complaint of lower back pain. He had a 20 year history of low back pain and erectile dysfunction, initially disclosing only the low back pain. Chiropractic examination revealed the presence of vertebral and pelvic subluxations.

Interventions and Outcomes

Each visit included the use of instrumentation, static palpation, motion palpation, and visualization to accurately determine when and where subluxations were present. Chiropractic adjustments utilizing Gonstead methodology were performed whenever corrections were found necessary.

Gonstead methodology is characterized by its specific hands-on adjusting of only the offending segments of the spine and extremities. Accuracy is all important to the Gonstead chiropractor.

After eight weeks of care (12 adjustments) the patient was pain-free and able to exercise comfortably. He continued care for a chronic lumbar subluxation and was able to experience improved erectile function as well.

Conclusion

Chiropractic adjustments utilizing Gonstead methodology has been shown to effectively reduce the effects of vertebral subluxation. This has allowed the patient to live without chronic pain and experience improved erectile function
(Sources: vertebralsubluxation.sharepoint.com & healthline.com).

If you suffer from any kind of pain condition or dysfunction, you should visit Dr. Adam Nachmias – Nachmias Chiropractic for a chiropractic exam and consultation.

Dr. Adam has successfully treated patients for more than 26 years at his two practices; in Chelsea, Manhattan, and his newly opened practice in Bayridge, Brooklyn. Dr. Adam also got voted **2016's Best Chiropractor in New York** for the 2nd year in a row, so you will be in the best of hands choosing Dr. Adam as your chiropractor.

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