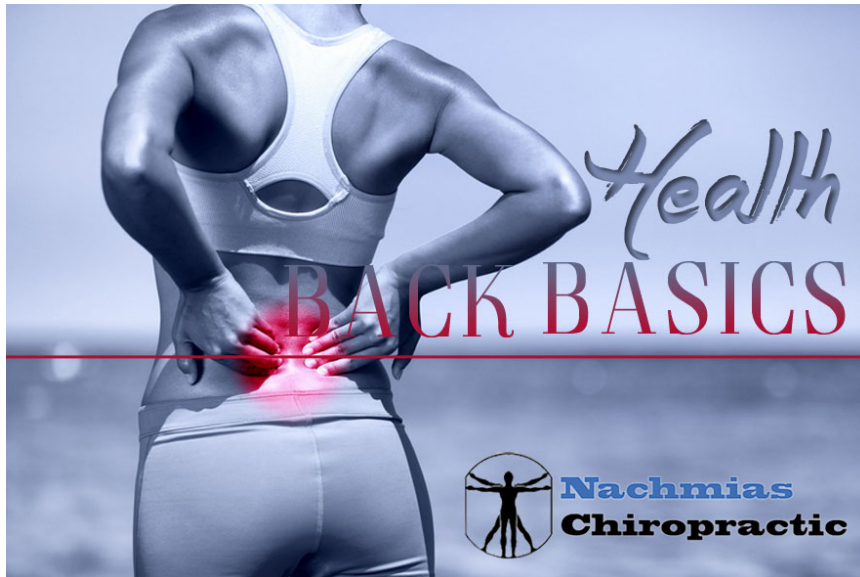


September Chiropractic Health Month 2017 – Back Health Basics



September Chiropractic Health Month 2017 focuses on back health basics -- the importance of overall health and injury prevention as key strategies in maintaining spinal health throughout a lifetime.

Back Pain Remains One Of the Most Prevalent and Disabling Conditions Worldwide

It is one of the most common reasons that patients visit their doctors, and one of the most common conditions for which doctors prescribe pain medications. It is estimated that up to 80% of people will suffer from back pain at some point in their lives.

Opioid Painkillers – A Wide Spread Problem

In addition, with the overuse and abuse of prescription opioid painkillers in the United States still a major public health issue, it is essential for health care consumers to understand that spinal manipulation and other conservative treatments can treat common musculoskeletal conditions, such as back pain effectively and safely.

Chiropractors focus on disorders of the musculoskeletal system and the nervous system, and the effects of these disorders on general health and function. Chiropractic services are used most often to treat conditions such as; back pain, neck pain, pain in the joints of the arms or legs, and headaches/migraines. What people know less about is that chiropractic also treats other conditions like; allergies, asthma, stress and depression, vertigo, fibromyalgia, work related injuries, and regulates blood pressure.

Widely known for their expertise in spinal manipulation, chiropractors practice a hands-on, drug-free approach to health care that includes patient examination (even x-rays when needed), diagnosis and treatment. In addition, their training encompasses therapeutic and rehabilitative exercises and nutritional, dietary and lifestyle counseling.

Your Chiropractor Dr. Adam Nachmias – Nachmias Chiropractic

When in need of a Chiropractor, Dr. Adam Nachmias at Nachmias Chiropractic, is the number 1 choice for New York patients. Dr. Adam is an expert, licensed, and well awarded chiropractor with 26 years experience of chiropractic care.

Dr. Adam got awarded 2016's Best Chiropractor in New York for the 2nd year in a row by opencare.com and expertise.com.

Nachmias Chiropractic has practices in both Bayridge and Manhattan, New York.

To book an appointment with Dr. Adam Nachmias, call any of our offices:

Brooklyn: 718-238-8900

Manhattan: 212-924-1700

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

Nachmias Chiropractic – We Got Your Back!