

Services

Chiropractic Therapy

Chiropractic is mainly used as a replacement for the relief of pain for muscles, joints, bones, and connective tissues, such as cartilage, ligaments, and tendons. Most of the time, it can be used in combination with conventional medical treatment.

An integrative therapy by nature, chiropractic care focuses on the spine and is all about aligning the body's musculoskeletal structure, which can go out of whack in injury, illness or dysfunction. The aim is to diagnose and identify joints that are misaligned as without that we are vulnerable to long term problems and injury. We can also take longer to recover. With proper alignment the body has a much better chance of healing without surgery or medication. It can also produce a strong calming effect and make mental focus easier.

A chiropractor will assess the mechanical function of the joints in the extremities and the state of your spine. If the bones are not moving properly or are not in their normal position, irritation or nerve pain can often result. This is what a chiropractor can detect. Treatments involve adjustment or manipulation techniques to restore function

HOW IT WORKS

During chiropractic care, a chiropractor first studies the medical history, performs a physical examination, and can use lab tests or diagnostic imaging in order to figure out if the treatment is the best for you.

The treatment plan used during chiropractic care may involve one or more manual adjustments in which the physician manipulates the joints, by making use of a controlled, sudden force in order to improve range and quality of motion. Many chiropractors also include nutritional advice and exercise/rehabilitation into the treatment plan. The purpose of chiropractic care is to restore function and prevent injury, as well as relieve back pain.

WHAT ARE THE BENEFITS OF A CHIROPRACTIC ADJUSTMENT?

Below are some of the benefits associated with chiropractic adjustment:

Chiropractic care helps reduce pain from various parts of the body, and some of them are listed below:

- Migraines and neck-related headaches
- Injuries to the neck or spine
- Problems with joints in the arms, legs, and shoulders
- Spinal injury due to sudden head movement

WHAT ARE THE RISKS OF A CHIROPRACTIC ADJUSTMENT?

There are some things that occur shortly after chiropractic treatment, which can include feeling tired or sore. A lot of people also have headaches. In rare cases, chiropractic care can lead to severe complications such as herniated discs and stroke. Complications are more likely when an unauthorized person is carrying out your

treatment. Only a professional chiropractor should treat you.