

Specific Chiropractic Introduces Gonstead Chiropractor Program for Sciatica and Herniated Disc Care

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Specific Chiropractic, a Midtown East clinic led by chiropractor Dr. Ryan Suh, has expanded its patient education efforts around sciatica and herniated disc care using the Gonstead System, a chiropractic method that has been in use since 1923. The clinic states that its structured programs are intended to help patients understand nonsurgical, medication-free options for managing spine-related nerve conditions.

Sciatica occurs when the sciatic nerve becomes compressed or irritated, producing pain that can radiate from the lower back down one leg, along with numbness, tingling, or weakness. The clinic notes that reported contributors can include herniated or bulging discs, spinal stenosis, piriformis syndrome, prolonged sitting, stress-related muscle tension, and workstation ergonomics. The clinic emphasizes that the causes of sciatica vary from person to person, that appropriate treatment differs by case, and that symptoms such as significant muscle weakness, loss of bladder or bowel control, or progressive numbness warrant prompt medical evaluation.

The Gonstead method relies on spinal analysis and examination before an adjustment is made. According to the clinic, this analysis is used to identify areas of the spine associated with nerve irritation before care begins. Specific Chiropractic sciatica treatment follows a structured process that the clinic describes as including an initial assessment, spinal analysis, adjustments, individualized exercise guidance, and monitoring over the course of care.

A similar assessment-first process informs the clinic's herniated disc treatment. A herniated disc occurs when the soft inner material of a spinal disc protrudes through its tougher exterior, which can irritate nearby nerves and cause pain, numbness, or weakness. The clinic states that its emphasis on examination before adjustment reflects standard Gonstead practice and that treatment goals, such as symptom relief and improved mobility, are intended outcomes that vary by individual and are not guaranteed.

"Our focus is on evaluating each patient's spine carefully before deciding on a course of care," said Dr. Ryan Suh, chiropractor and director of Specific Chiropractic. "Outcomes differ from person to person, and part of that process is recognizing when a patient may need referral for medical evaluation rather than chiropractic care alone."

Dr. Suh centers the practice on structural correction and nerve pressure reduction, which the Gonstead approach describes as efforts to address spinal misalignments that may contribute to nerve irritation. Care at the clinic is provided without the use of medication.

Specific Chiropractic serves patients throughout Manhattan and the surrounding areas from its Midtown East location. In addition to sciatica and herniated disc care, the clinic offers spinal analysis and examination, pain management, sports medicine services, pregnancy care, and general wellness support. Each service reflects the Gonstead philosophy of examining the spine before determining an individual course of care.

A recent patient said, "The pain in my leg is going away. The numbness in my foot is better. One month later: Everything is coming along almost perfectly. Now I can walk and the pain is gone from my leg. Everything is good now."

Specific Chiropractic is a chiropractic clinic based in New York City that uses the Gonstead System, a systematic approach to chiropractic care in use since 1923. Under the direction of Dr. Ryan Suh, the practice focuses on spinal analysis and adjustments intended to address spine-related discomfort for patients across Manhattan.

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