



Chiropractor In Meridian Idaho Opens New Office

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Keystone Physical Medicine, a chiropractic clinic based in Meridian, Idaho, is proud to announce the opening of a new office in the area. The office, located at 2122 W. Everest Lane, is proud to be serving even more residents of Meridian and the greater Boise area.

Dr. Cory Sartin from Keystone Physical Medicine in Meridian says, "We're beyond excited to open this new office for our patients. It's a testament to the staff that we're able to expand our practice, and provide even more convenience to our wonderful patients."

During a patient's first consultation at Keystone, Dr. Sartin will talk with the patient about diet and exercise, work habits, stress, recent accidents, lifestyle habits, and overall well-being. "Like with any health check-up, we want to talk with you and get a full picture of where your pain might be coming from," Dr. Sartin says. "Not everyone who has the same have the same origins of that pain, or might be having multiple pain points, but once we have that first consultation, we communicate with the rest of our staff on the best plan for treatment."

Dr. Sartin says there are a number of factors that go into what causes pain. Chronic joint and muscle pain is a common reason why people need chiropractic care. "Most of us deal with aches and pains all the time," Dr. Sartin explains. "Usually we just take some over-the-counter medication and get some temporary relief. But if

the problem persists, it might be time to get yourself properly aligned and get your joints moving like they should be."

Another big factor in getting a chiropractic check-up is if a patient sits for extended periods of time or daily performs repetitive tasks. Dr. Sartin notes that many people work long hours sitting or doing labor-intensive repetitive tasks, leading to bad posture and tension in the neck, back, and shoulders. "Bad posture is one of the biggest sources of pain for our patients. The pain is caused by a shift in the bones of the spine, and can cause some serious injury. Getting it treated as soon as possible will help to head off injury down the line."

Even people who have an active lifestyle could be prone to injury, Dr. Sarin says. "Working out is certainly good for you, and we encourage all of our patients to get out and get active," he notes. "But even when you're working out, your body is still taking a beating. Going to the gym, outdoor activities, or playing sports can expose you to possible sprains or even worse injuries. Even if you keep yourself active, it never hurts to get a regular check-up with us to ensure you're staying aligned."

Dr. Sartin notes that chiropractic care is not just for the back, but to help correct a number of range of motion issues, including neck pain, numbness in the limbs, and shoulder pain. Along with aligning the back in their treatments, Keystone also offers a variety of massage therapies including deep tissue, hot stone, shiatsu, neuromuscular, and sports massage. The clinic also offers a complete, unique weight loss program tailored to a patient's goals and focusing on education. Other services available include auto accident rehabilitation and allergy testing.

The staff at Keystone Physical Medicine believes in an integral approach to healthcare. Communication is key to better health, both between the staff and the patient, as well as between the various aspects of a patient's treatment, in order to create a specialized plan. This particular health model has earned the clinic a five-star rating on Google Maps.

Jennifer K. in a five-star review said, "Dr. Dani is the best and I cannot thank her enough. I came to see her because I was experiencing lower back pain. The pain was slowly progressing and it got so bad that it was preventing me from doing activities that I loved [?] Dr. Dani has been great in educating me about chiropractic care and I'm now living a much healthier lifestyle. [?] I love how the entire office is clean, open and when you walk in you are always greeted with a smile. Everyone at Keystone Physical Medicine are very professional, knowledgeable, and truly caring. I would highly recommend Dr. Dani and this office to my family and friends."

Those who are experiencing pain and would like more information on the chiropractor in Meridian are invited to visit the clinic's website. There, they can make an appointment for a free consultation at either of Keystone's locations.

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For more information about Keystone Physical Medicine, contact the company here: Keystone Physical Medicine dr. Cory Sartin +1 208-343-2770 admin@kpmmeridian.com 2122 W Everest Ln, Meridian, ID 83646, USA

Keystone Physical Medicine

Keystone Physical Medicine's philosophy is simple ? to assist the vital health of our community by improving healthy habits and teaching responsibility about lifelong health with education, treatment and tools.

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