Arrowhead Clinic Publishes New Blog On Yoga For Back Pain

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ATLANTA, GA - November 13, 2018 -
Arrowhead Clinic in Atlanta, Georgia has announced the publication of a new blog post. The clinic recently published on their blog a new post that gives consumers information about various ways that yoga can benefit them, including how it can alleviate back pain. The clinic states that the new blog post is now live and viewable and joins a number of other informative posts about the benefits of yoga.

Johnny Brown, a representative for the clinic says, ?Back pain is the leading cause of disability. There are currently more than 250 million reported cases of people missing work due to back pain every day, and that?s just the cases that are reported. Back pain can be caused by so many different things and there are different levels of pain and severity. Consumers need to know ways that they can alleviate this pain without turning to narcotic medications and surgeries.?

Brown says that back pain is something that can affect anyone at any age and for any number of reasons. He says that most cases are simple to alleviate and are often one time issues, but there are those that are chronic. He states that there are a number of yoga poses that have proven to be very effective in helping to alleviate chronic back pain and states that all of these poses can be done by anyone, regardless of age or

severity of their back issues.

The blog outlines a number of ways that patients can use yoga for back pain. It also gives insights into other things that can be done to eliminate this pain, such as maintaining a healthy weight, being more active, wearing comfortable shoes and consulting with a chiropractor.

?Depending on the reason for your back pain, you may be able to do all natural methods of eliminating pain,? says Brown. ?Not everyone who experiences back pain is going to have to have surgery and not everyone will be permanently disabled. You need to determine the reason for your back pain and the first step in that process is to meet with an experienced chiropractor who can help you to figure it all out.?

Brown says that yoga has proven very effective for most back pain patients. Yoga is a practice that is thousands of years old. Over the past few decades, it has gained mass popularity with those who have chosen to adopt a healthier lifestyle. Yoga consists of certain poses and exercises that are designed to help stretch the body and make it more relaxed. Brown says that a relaxed body is a healthier body and that those who are completely relaxed rarely feel the pain that they feel when their bodies are tense and stressed out.

The clinic says that when practiced properly, yoga can help with back pain as well as various other aches and pains. Brown suggests that those who are considering yoga to help them with their back pain consult with a chiropractor before beginning, just to ensure that they do not need further adjustments or alignments before they begin. He says that it is always a good idea to check with a physician before beginning any exercise regime.

The clinic?s new blog post highlights a number of different yoga poses that could potentially help to alleviate back pain and gives full instructions on how to do the poses so as not to cause injury. Brown says that it is important to do all yoga poses properly in order for them to work. He says that yoga incorporates proper alignment and that it is important that the poses are not forced but naturally obtained. The blog post gives more information on the importance of properly executing the poses and how each one helps with back pain.

Arrowhead Clinic currently has 15 chiropractic clinics in the southern United States. They have locations in Nashville, Atlanta, Savannah, Brunswick, Athens and Hinesville. The Arrowhead Clinics are headed up by Dr. Harry W. Brown, D.C. The clinics offer a number of services for patients who are dealing with obesity and chronic back pain as well as other issues. Brown says that those who are interested in scheduling an initial consultation can do so by calling the clinics directly or using their convenient online form. Their official website offers more information on back pain from a number of standpoints as well as information on all of their services and service areas. Those who are interested can also read the new blog post as well as other posts on the company?s website.
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Arrowhead Clinic Chiropractor Atlanta

At Arrowhead Clinic in Atlanta, our Cascade Rd location specializes in treating personal injuries for 48 years and is a leader in the field. By utilizing chiropractic and Medical Doctors, we are able to treat your injuries with care and precision.

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