Chiropractor In West Los Angeles Explains How They Provide The Best Treatment Plan

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Active Body Chiro-Care, based in Los Angeles, California, has explained that they conduct physical exams and take x-rays to ensure an accurate diagnosis before they develop the best possible treatment plan for a particular patient. Dr. James Hogan is a licensed and board-certified chiropractic physician, who offers his services to patients of all ages and physical abilities, including those engaged in professional sports.

Dr. James Hogan, the chiropractor in West Los Angeles, says, ?I use a ?whole person approach?. This approach to wellness means looking for underlying causes of any disturbance or disruption (which may or may not be causing symptoms at the time) and make whatever interventions and lifestyle adjustments that would optimize the conditions for normal function. Using this unique approach, I am able to help you to accelerate and/or maintain your journey to good health with the best chiropractic care.?

Active Body Chiro-Care can be found in four cities, which are West Hollywood, Los Angeles, Hawthorne, and Santa Monica. Because the treatment philosophy at the chiropractic clinic is multi-faceted and holistic, complementary modalities like trigger point therapy, Kinesio taping, massage therapy, and nutritional counseling can be integrated into a patient?s treatment plan in addition to the spinal adjustments. Each

modality has been found to function synergistically to improve the healing process.

Meanwhile, chiropractic care is not just done at the chiropractic office, which is also available in Westwood. Patients are also instructed on how to perform corrective exercises at home to ward off injuries and strengthen their bodies. The exercises are designed to reduce pain and help relieve body stress.

The chiropractor in Westwood and his team are able to treat a wide range of conditions. These include chronic back pain, headaches, herniated discs, muscle strain, neck pain, whiplash, degenerative disc disease, injured hamstring, and sciatica. Dr. Hogan makes use of gentle spinal manipulations to put back everything in their proper position. For instance, a herniated disc can exert pressure on the sciatic nerve, resulting into radiating pain. Even the inner gel of a leaky disc would be able to compress a nerve, causing pain.

Massage therapy is often recommended as part of a patient?s treatment plan because it can help in relaxing the muscles and in healing damage to soft tissue. This is done by increasing blood flow that in turn enhances nutrient delivery. Another kind of massage used by Dr. Hogan and his team is trigger point therapy, which is designed to focus on the ?knots? in the muscles, which can cause pain and even loss of mobility.

Meanwhile, the sports injury rehabilitation services at Active Body Chiro-Care include advanced Kinesio taping. This makes use of a tape that serves to stabilize the joints. It can also reduce inflammation, increase circulation, reduce pain, and increase the range of motion after a sports injury. They also provide nutritional counseling so that patients learn about the various vitamins, minerals and food choices that can help in the healing process.

Active Body Chiro-Care is capable of treating the whole range of sports injuries. They usually treat people who have been injured while cycling, running, playing golf, playing tennis, or playing football. They have acquired the experience of treating golfer?s elbow, tennis elbow, carpal tunnel syndrome, shoulder injuries, runner?s kneed, tendonitis, neck pain, back pain, shin splints, and more.

One of the key techniques they use is the Active Release Technique (ART). This is a soft tissue massage technique that deals with the muscles, nerves, and tendons. The conditions that they treat with ART include tennis elbow, knee problems, shoulder pain, carpal tunnel syndrome, and sciatica. These problems are often caused by overused muscles, which cause the creation of larger and larger collections of scar tissue within the muscles.

Dr. James Hogan has developed the reputation of being the best sports injury chiropractor in Los Angeles. People who would like to know more about the services offered at Active Body Chiro-Care can visit their website, call them on the phone, or contact them via email.

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For more information about Active Body Chiro-Care, contact the company here:Active Body Chiro-CareDr. James Hogan(310) 699-9299Jhogan@activebodychirocare.com10960 Wilshire Blvd, Los Angeles, CA 90024

Active Body Chiro-Care

Dr. James Hogan is a licensed Chiropractor serving the West Hollywood, Santa Monica, Los Angeles, Beverly Hills and Hawthorne community. Dr. James Hogan works with patients of all ages and physical abilities, including professional athletes.

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