Ocala Chiropractor Publishes Article On Everyday Household Items That Can Provide Back Pain Relief

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Florida Spine and Injury, a chiropractic clinic in Ocala, Florida, has announced that they have recently published an article titled, ?Simple Household Items to Relieve Back Pain.? The chiropractor at the clinic, Dr. Jonathan Walker, D.C., releases such helpful content regularly as a way to help people with their health problems.

Dr. Walker says, ?We've all been there. You've got that aching pain in your back that won't go away. Maybe you're between visits to the chiropractor and you're having a flare-up. Or, maybe you were in a hurry and picked something up with your back, not your legs. No matter how you got here, your back hurts, and you need relief fast. Outside of taking more painkillers, is there a simple way to relieve your back pain? While they might not be as good as a trip to the chiropractor, I've compiled a list of everyday items that can provide at least temporary relief from your back pain.?

In the article, Dr. Walker explains how some household items can be used to relieve back pain. These include the bath towel, paper towel roll, warm towel, tube sock and rice, frozen peas, pillow, chair, meat tenderizer, tennis ball, floor, shoes, and mattress. The bath towel can be used to help support the lower back.

One of the major causes of back pain is poor posture and the towel will help in correcting the posture. It should be folded twice lengthwise and then placed behind the patient?s back in the chair to help support the lumbar spine.

Meanwhile, the customer reviews that Florida Spine and Injury has received attests to the excellent services provided by the chiropractic clinic. For instance, they have recently announced in a press release that they have received a new glowing review from a very satisfied patient. The patient gave the clinic a five star rating and said that the clinic ?is an excellent place to be in when you?re hurt. The staff is really awesome! Dayna and Katie (Nikki) are a bundle of joy with great personalities. They will keep you smiling!? Dr. Walker says, ?Check out our previous press release if you want to know more about the mentioned customer review.?

Florida Spine and Injury offers various services. These include chiropractic care, auto accident help, personal injury, slip and fall injuries, neck pain, back pain, knee pain, neuropathy, sciatica, whiplash, and work injury. The treatment options offered are spinal decompression, physical therapy, and rehabilitation exercises.

Spinal decompression therapy uses negative intradiscal pressure to pull extruded disc material back into the nucleus of the disc. This is done under the direct supervision of a physician who is experienced in back pain care. A motor-driven traction device is strapped to the neck or back, and a vacuum effect called spinal imbibition stretches the vertebrae so shifted or displaced material can be returned to its natural position thus relieving neural compression and rehydrating the disc material. Spinal decompression therapy can reduce pressure on the vertebral joints; support the retraction of herniated and bulged discs; promote self-healing and recovery of damaged discs; and eliminate lower back and neck pain.

Various physical therapy techniques are applied by the Ocala chiropractors at Florida Spine and Injury. These include Transcutaneous Electrical Nerve Stimulation (T.E.N.S.), ultrasound, ice pack or cold packs, hot packs, and electrical muscle stimulation.

And finally, the chiropractic clinic also offers custom rehabilitation exercise programs. Most people who suffer from back pain or neck pain will need to complete rehabilitation exercises in order to regain their full mobility. By completing the rehabilitation program, patients are less likely to reinjure the same place because the exercises help strengthen the injured area and regain full function.

Those who are interested in knowing the common items that can help relieve back pain can click here to read the post. Visit the Florida Spine and Injury website, or contact the chiropractic clinic by phone or by email for more information.

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For more information about Florida Spine & Injury - Ocala Chiropractor, contact the company here:Florida Spine & Injury - Ocala ChiropractorDr. Jonathan Walker, D.C.(352)

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Florida Spine & Injury - Ocala Chiropractor

At The Florida Spine and Injury Centers, we?ve been treating Accident Injuries for over 20 years. By using a combination Chiropractic Doctors and Medical Doctors we are able to diagnose, treat and document your injuries.

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