# Ocala Chiropractor Releases Blog Post On Conditions That A Chiropractor Can Surprisingly Treat

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Florida Spine & Injury ? Ocala has announced that they have recently published a blog post revealing four conditions most people don?t realize can be treated by chiropractic care. The article is titled, ?4 Surprising Conditions Your Chiropractor Can Treat.? The four conditions are headaches, stress and anxiety, carpal tunnel syndrome, and flexibility problems. It is their hope that more people will realize that chiropractic care is not just for back pain.

Dr. Jonathan Walker, D.C., the leading chiropractor at Florida Spine & Injury, says, ?It shouldn?t come as a surprise that chiropractic care can be used to treat many conditions aside from back pain. Chiropractic care is an all-natural, non-invasive approach to health care that offers patients numerous benefits. If you thought chiropractic care was only for back pain, hopefully, this article opens your mind to the amazing potential chiropractic care has. If you'd like to find out what chiropractic care can do for you, give us a call.?

Headaches are experienced by approximately 90 percent of people in the United States. It may just be an occasional headache because of stress or other circumstances, or it could be a chronic headache, but it is common for people to take pain pills when they feel a headache coming on. The problem with using pain

killers regularly is that rebound headaches may soon occur, which is ironic because those pills are supposed to get rid of headaches.

The truth is that most headaches are due to muscle tension in the neck. With people spending so much time watching TV, using mobile phones, and sitting in front of a computer screen, headaches due to muscle tension in the neck have become quite common. What the chiropractor can do is make spinal adjustments to help remove the tension from the neck. With this treatment, there are no rebound headaches. Those who want to know more about this can check out the blog post.

Meanwhile, stress has indeed become a common part of people?s lives. It comes from three main sources: the body, the environment, and the person?s emotions. Environmental stress may come from weather, noise, and physical threats. Body stress can come from diseases, poor sleep, poor nutrition, and organ malfunctions. Emotional stress includes reactions in the person?s thoughts and emotions to the physical and environmental stressors.

A lot of stress can come from work. Furthermore, air and water pollution can add to stress. And with news coming from various sources, not just television and newspapers, but also smartphones, tablets, and other mobile devices, people get emotionally stressed with negative news 24/7. The systemic reaction to stress includes increased blood pressure and heart rates. If this happens for a long time, the impact on the person can be disastrous, contributing to diseases like hypertension, diabetes, muscle tissue damage, infertility, and impaired immune systems.

Chiropractors can reduce stress by helping ease muscle tension through chiropractic adjustments that enhance blood circulation and decrease spinal nerve irritation. Chiropractors can also recommend relaxation methods and supplements for fighting stress.

With regards to carpal tunnel syndrome, this is due to pressure on the median nerve that passes through the carpal tunnel in the wrist. This is where the median nerve travels from the spine to the back. Swelling of the carpal tunnel exerts pressure on the median nerve, with the result being carpal tunnel syndrome. The symptoms include reduced feeling and movement in some portions of the hand. To treat this condition, the chiropractor will determine if vertebrae are causing compression on the nerves. Gentle manipulation can be applied to the wrist, elbow, and cervical spine to reduce the pressure and minimize the discomfort.

People who would like to know more about the services provided by an Ocala chiropractor at Florida Spine and Injury can visit the clinic?s website or contact them through the telephone or by email.
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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) 251-3699DrWalker@flspineandinjury.com1541 SE 17th StreetOcala, Florida 34471

## 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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