Chiropractor In West Los Angeles Announces That They Serve Patients In Four Locations

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Active Body Chiro-Care, a chiropractic clinic in Los Angeles, California, wants to inform patients that they have four locations, namely Westwood, West Hollywood, Santa Monica, and Hawthorne. Dr. James Hogan and his team of board-certified chiropractors serve patients of all ages and physical disabilities in four cities in West Los Angeles. Each location is found inside Equinox, reputed to be a premier gym in Los Angeles. Dr. Hogan is the chiropractor in West Los Angeles who operates all four facilities with the help of his team of chiropractors.

Dr. Hogan explains, ?Our philosophy is holistic and multi-faceted. Complementary modalities like massage therapy, trigger point therapy, nutritional counseling and Kinesio taping can be integrated into your treatment plan in addition to spinal adjustments. Each modality works synergistically to enhance healing. Chiropractic care doesn?t just stop at the office. Patients are given instructions for corrective exercises that they can perform at home to strengthen their bodies and ward off injuries. These exercises also help relieve body stress and reduce pain.?

Dr. Hogan and his team offer treatment for a broad range of conditions. These include chronic back pain,

headaches, herniated discs, whiplash, degenerative disc disease, muscle strains, sciatica, neck pain, and injured hamstring.

The basis for the chiropractic treatment offered by Dr. Hogan and his team is that the spine is made up of a network of bones, nerves, tendons, muscles, and ligaments. When one of these components are out of alignment, it can irritate the other parts, resulting into pain. The chiropractor will perform gentle manipulations that will reposition misaligned components to put them back in their proper places. For instance, a herniated disc can exert pressure on the sciatic nerve, causing radiating pain. The inner gel of a leaky disc can also compress a nerve and cause pain.

Massage therapy, which is one of the recommended options at Active Body Chiro-Care, can also offer several benefits. It can help relax the muscles and help in healing damage to soft tissue by enhancing blood flow, thereby increasing nutrient delivery. Another kind of massage that they can provide is trigger point therapy. This is used to target those ?knots? in the muscles that cause pain and even loss of mobility.

Meanwhile, those who require a chiropractor for pro athletes in Los Angeles may also want to consider Active Body Chiro-Care. A sports injury can prevent an athlete from competing in the sport they love and may cause them to suffer from pain for several weeks, months, or even years. A sports injury chiropractor can help minimize the risk of re-injury or the worsening of old injuries, reducing pain and inflammation, and reducing the healing time. The sports injury chiropractor can also help by offering advice to athletes on how to stay injury free while they are practicing their sports, such as golf, tennis, or football.

Chiropractic care offers a gentle, non-invasive and holistic healing alternative designed to heal sports injuries thoroughly and bring back the body to its natural alignment that will prevent future injuries. While chiropractic care of sports injuries usually need several treatment sessions for several weeks, many of the patients at Active Body Chiro-Care, according to Dr. Hogan, felt that they were better after just one treatment.

Dr. Hogan also explained that they offer treatment for a full range of sports injuries. They have experienced treating athletes who have been injured while running, playing tennis, cycling, playing football, or playing golf. They have provided treatment for golfer?s elbow, tennis elbow, carpal tunnel syndrome, tendonitis, shoulder injuries, runner?s knee, back pain, shin splints, neck pain, and more.

When an athlete comes for treatment at Active Body Chiro-Care, the chiropractor will perform a complete examination, including checking the alignment of the spine. They will then perform gentle manipulations to realign the spinal vertebrae and decrease the pain. They will also do some complementary therapies, such as massage therapy and hot and cold therapy.

Those who are looking for Beverly Hills chiropractic services or for other locations in West Los Angeles can check out the Active Body Chiro-Care website, or contact them on the phone or 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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