Chiropractor In West Hollywood Offers Holistic Approach To Wellness And Pain Free Living

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Active Body Chiro-Care, a group of Los Angeles chiropractors, has announced that they offer a holistic approach to wellness and pain-free living from their four locations. The team of board-certified chiropractors headed by Dr. James Hogan serve patients through their offices in West Hollywood, Westwood, Hawthorne, and Santa Monica. They apply their holistic approach in treating patients of all ages and physical disabilities, including professional athletes.

Their primary philosophy at Active Body Chiro-Care is multi-faceted and holistic. They often integrate complementary modalities like nutritional counseling, trigger point therapy, massage therapy, and Kinesio taping into their treatment plan in addition to the spinal adjustments that they provide. Each modality is designed to work synergistically with the others to enhance the healing process. Furthermore, the chiropractic care they provide does not stop at their office. They also provide instructions to their patients to allow them to perform corrective exercises at home and strengthen their bodies to ward off injuries. These exercises can also help in decreasing pain and body stress.

Dr. Hogan says, ?We are able to provide treatment for a wide range of conditions. These include herniated

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

He continues, ?If you?re suffering in pain due to a sports injury, car accident or medical condition, turn to Active Body Chiro-Care for a comprehensive evaluation and effective treatment plan. We complete physical exams and take X-rays for an accurate diagnosis. Then, we create the best chiropractic treatment plan to get you on the road to recovery.?

The chiropractor in West Los Angeles explains that the spine is made up of a network of bones, networks, muscles, ligaments, and tendons. Pain is experienced when one of the spine?s components are out of alignment. Dr. Hogan and other members of his team are capable of performing gentle spinal manipulations to reposition those components of the spine that have been misaligned. For instance, a herniated disc can exert pressure on the sciatic nerve, which results in radiating pain. Even the inner gel of a leaky disc is capable of compressing a nerve and causing pain.

Massage therapy can be used as a complementary treatment because it can help relax the muscles and heal injuries to the soft tissue by increasing blood flood to the area, thus enhancing nutrient delivery and speeding up healing. Trigger point therapy is another kind of massage that targets the ?knots? in the muscles that can be the cause of pain and loss of mobility.

Meanwhile, their sports injury chiropractic services is supplemented by state-of-the-art Kinesio taping. This tape serves to stabilize the joints, enhance circulation, increase range of motion, reduce inflammation, and decrease pain from a sports injury. Nutritional counseling teaches patients the kinds of vitamins, minerals and food that can help enhance their healing.

A common service that they provide is herniated disc treatment. This is a common spinal problem and can cause serious pain and mobility problems. Dr. Hogan points out that it is vital to have a proper diagnosis and treatment for a herniated disc. This condition occurs when some of the discs of the spine suffer a rupture, which is also called a slipped disc. Symptoms include pain, numbness, and a feeling of weakness in the extremities, such as the arms and legs.

Dr. Hogan points out that the first line of treatment for a herniated disc is a non-surgical procedure performed by a chiropractor. This has the advantage of the patient not needing to take addictive pain killers or having to undergo invasive surgery that might cause more problems. The chiropractors at the clinic make use of the activator technique, which is composed of small but precise adjustments to the patient?s spine using a small spring-loaded device. This is designed to relieve pressure and help restore normal blood circulation to the spinal discs, thus increasing the flow of nutrients to the damaged area to help in healing.

People who think they could best be served by a holistic chiropractor in West Hollywood can visit the Active Body Chiro-Care website, or contact them through 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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