Florida Spine & Injury Publishes Blog on Myths about Chiropractic Care

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Lady Lake, FL based chiropractic clinic, Florida Spine & Injury - The Villages recently published a blog post discussing some of the myths regarding chiropractors and chiropractic care. The chiropractic care center aims to not only provide quality care to their patients but also to keep them informed.

As the center notes, many people may be dissuaded from seeking out chiropractic care even when it would benefit them greatly due to some of the myths that surround it. Conversely, they may also seek out chiropractic care with unrealistic expectations regarding what it can and cannot fix. As Florida Spine & Injury states, ?Anyone with a little know-how can set up their own website and put information out into the world, no matter how accurate it is.? With this being the case, they believe it is important to debunk some of the most common myths.

One of the most common myths is that, once one begins seeing a chiropractor, it becomes impossible to stop seeing them. This, as the Florida Spine & Injury blog post says, is completely untrue. A trained

chiropractor will come up with a personal treatment plan based on each client?s medical history and an initial exam. This plan is then followed or altered as the chiropractor sees fit and, depending on the client?s condition, the direction their care takes may vary. ?Ultimately, the decision to continue care is yours,? says the blog post. ?The treatment you received initially will not stop working if you stop visiting.?

Another myth about chiropractors that many encounter is that chiropractors are not real doctors. Just like any physician or dentist, chiropractors are heavily regulated and are allowed to use the title doctor like their counterparts in other fields do. To become a chiropractor, one must have completed intense training to gain the skills and knowledge needed to provide effective treatment.

One does not need to be referred to a chiropractor either, as they are considered primary care doctors in all 50 states. A patient may go directly to a chiropractor and receive a comprehensive assessment and diagnosis as well as a highly effective treatment plan. This also debunks another myth that claims chiropractic care does not work. ?The chiropractic profession has invested significant resources in building a body of evidence studying the impact of chiropractic care on musculoskeletal conditions,? says the blog post. ?Due to these studies, spinal and joint manipulation has been shown to be an effective treatment for acute and chronic MSK conditions, like back pain. Spinal manipulation therapy is often recommended as a first-line intervention for back pain.?

A number of people believe that chiropractors only treat back pain. This is also untrue. Chiropractors are trained in assessing, diagnosing, treating and preventing biomedical conditions associated with the muscular, skeletal and nervous system. Chiropractic treatment has been shown to have its uses as a form of pain management. Chiropractors are also a reliable source of information regarding nutrition, fitness, and ergonomics, among many other factors that can help one prevent or manage certain health conditions.

Despite chiropractors being one of the best ways to manage skeletal and muscular problems, many people still avoid them due to the belief that a visit to the chiropractor will be painful. In general, adjustment or manipulation is not painful, and patients often report experiencing immediate relief. Florida Spine & Injury?s blog post states, ?Most people are nervous about the cracking or popping sound that comes with an adjustment, and understandably so. However, the sound is a result of the release of gas bubbles from the joint, similar to the sound you hear when you crack your knuckles.?

Florida Spine & Injury helps people in a variety of locations rid themselves of pain. In The Villages, for instance, the center provides chiropractic care and many other treatments to patients who have been injured in car accidents. They have even published articles on how to prevent a car accident in order to help prevent the injuries that necessitate a visit to the chiropractor.

A number of clients have left highly positive reviews of Florida Spine & Injury on the Google review

platform. ?The staff here are very friendly and knowledgeable,? says Stephanie. ?Dr. Sikes is always willing to help with relieving my headaches. Connie and Dr. Sancetta are both very quick to help when I need it. Even though I don't need it, their physical therapy staff are also fabulous! The other patients are always smiling and having a great time when I am here.?

Another five-star review of the place praises the care center?s programs. Samantha, the reviewer, states, ?Took my grandma here for their neuropathy program; she was in such pain with her feet and hands that she could barely walk. After completing the program with all the wonderful therapists, my grandma is significantly better and able to get around. The staff is so wonderful and caring. I would recommend their neuropathy program to all those suffering with this terrible illness.?

Find out more about Florida Spine &Injury - The Villages online at https://www.flspineandinjury.com/locations/the-villages. Interested parties may also reach out to Dr. Jonathan Walker, D.C to follow up on any further inquiries.

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For more information about Florida Spine and Injury - The Villages Chiropractor, contact the company here:Florida Spine and Injury - The Villages ChiropractorDr. Jonathan Walker, D.C.(352) 251-3711DrWalker@flspineandinjury.com809 Co Rd 466 c301, Lady Lake, FL 32159

Florida Spine and Injury - The Villages Chiropractor

Florida Spine and Injury in The Villages provides Premier Treatment for Car Accident Injuries, Work Injuries, Slip & Fall Accidents and more. Our team of experienced Doctors and Chiropractors serve residents of Sumter County and beyond.

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