Chiropractor Offers Comprehensive Complementary Health Services in Hawthorne California

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Active Body Chiro-Care, based in Los Angeles, California, has announced that they are offering their services for those who need a chiropractor in Hawthorne California. They provide a complete range of complementary health services to help patients in Hawthorne and South Bay, California, to achieve their wellness goals. They use both modern and ancient healing methods to bring back the body to a state of wellness. Their basic principle is that when the spine is aligned correctly, the nervous system and immune system will function at their optimal levels. This will allow people to have fewer colds and to feel better physically and mentally. People will be able to sleep better and have higher energy levels.

Dr. James Hogan, who heads the chiropractors at Active Body Chiro-Care, says, ?In our South Bay office, we provide a full range of complementary health services to help you achieve your wellness objectives. Whether you want to end chronic pain, strengthen muscles after an injury, lose weight, or seek holistic care that does not rely on pain-masking medications to treat all health problems, we consider ourselves your partner in health.?

Dr. James Hogan explains that most people desire to be healthy and minimize the risk of illness and they can

provide help with that goal. They can help through the provision of chiropractic care, trigger point therapy, massage therapy, lifestyle counseling, nutrition counseling, kinesio taping, corrective exercises, and more. For those who are not familiar with a certain technique, the staff at Active Body Chiro-Care will explain what will be done and why, and then allow the patient to ask any questions.

According to Dr. James Hogan, they may be able to provide help with a number of health issues. These include arthritis, foot or ankle pain, carpal tunnel syndrome, headaches and migraines, TMJ, neck pain, back pain, nerve problems, sciatica, shoulder pain, rotator cuff injuries, golfer?s elbow, frozen shoulder, knee pain, tennis elbow, ergonomic injury, auto accident injury, and sports injury.

And for athletes, Active Body Chiro-Care can also provide the services of a sports injury chiropractor in Santa Monica, and also in South Bay, West Hollywood, and Westwood. The services of a sports chiropractor is important because a sports injury is quite common and it is often the case that athletes will simply ice the injury and get some rest, and hope that the problem will go away in time. While the approach does decrease inflammation, it fails to address the underlying cause of the injury. This causes a lingering stiffness and soreness and the injury may take a longer time to heal compared to when its cause was addressed.

The sports chiropractor at Active Body Chiro-Care will provide a non-invasive, gentle and holistic healing approach. This method will help in healing sports injuries thoroughly and help bring back the body to its natural alignment that can help in preventing future injuries. Chiropractic care of sports injuries usually need several treatment sessions over the course of several weeks. The sports chiropractor will also provide lifestyle advice that can help the athlete remain injury free while engaging in sports.

The Active Body Chiro-Care sports chiropractor may be able to help people who got injured in sports like cycling, running, golf, tennis, and football. They have experience in treating golfer?s elbow, tennis elbow, runner?s knee, tendonitis, carpal tunnel syndrome, shoulder injuries, shin splints, neck pain, back pain, and more.

The chiropractor will first conduct a full examination and check the spinal alignment. The misalignment of the spinal vertebrae in sports can result into chronic pain, muscle strain, and increased tension in certain parts of the body. They will perform gentle adjustments designed to bring back the spinal vertebrae into alignment, thus reducing the pain. They will also provide some complementary therapies, such as massage or hot and cold therapy.

People who are interested in the services of a holistic chiropractor in Los Angeles can go to the Active Body Chiro-Care website, or contact them on the telephone or through 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.

Website: http://www.activebodychirocare.com/

Email: Jhogan@activebodychirocare.com

Phone: (310) 699-9299