Florida Spine & Injury Blog Post Talks About Choosing to See a Doctor or Getting Chiropractic Care for Back Pain

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A recent blog post from Florida Spine & Injury - The Villages, talked about choosing to see a Doctor or Chiropractor for back pain relief. The blog post acknowledged that it was always a good idea to consult with the family doctor first for persistent back pain, but if more specialized care is needed, they will usually refer a patient to a chiropractor. The reason for this is chiropractic doctors are specially trained physicians whose expertise lies in treating conditions and injuries related to the Musculoskeletal and Nervous systems, which include the upper, middle, and lower back.

One of the lead chiropractors at Florida Spine and Injury, Dr. Jonathan Walker, D.C, talked about this more by saying, ?Without a doubt, all doctors have to go through years of rigorous and demanding training to become a physician. After going through the schooling and internships that this requires myself, I have the utmost respect for any doctor that successfully completes this training and enters into practice. Most doctors realize that when more routine treatments do not help their patients? conditions improve, then it?s time to refer those patients to a specialist who can better help them. I am happy to be one of those specialists that helps people better deal with chronic back pain and other musculoskeletal related issues. That is why our

practice published this recent blog post. It was to better inform our current and prospective clients what treatments chiropractors do and why we too sometimes refer our patients to other specialists.?

The blog post started by saying that chiropractic treatments are designed to help people of all ages, even children. It also stated that the purpose of chiropractic treatment is to help solve a patient?s back and other musculoskeletal ailments without the use of surgery. Also mentioned was that many chiropractors even branch out into other specialties within the realm of chiropractic care. Some of the chiropractic specialties that were pointed out included Neurology, Pediatrics, Rehabilitation, Sports medicine, and Occupational and Industrial Health.

It was also mentioned in the blog post that an initial visit to a chiropractor is very much like visiting a general practitioner. They will start by talking about the patient?s symptoms and medical history and perform both physical and orthopedic neurological exams. Sometimes chiropractors will also order blood tests or diagnostic image taking if this has not already been done. This is all done with the goal in mind of suggesting an effective treatment plan for the patient. At this point, if the chiropractor feels that there may be another health professional who is more apt at solving a patient?s problem, they will refer that patient to that suitable healthcare provider.

The blog article went on to say that chiropractors literally use a ?hands-on? approach in their treatments. All of their procedures are extremely non-invasive too. They even are known to offer lifestyle counseling as a means to help a patient restore and maintain their overall health. In the article, it was noted that chiropractors have several options as to how they treat their patients. This includes private consultations, group sessions and the use of other healthcare facilities.

Two main treatments were mentioned in the article that chiropractors use to help ease back pain and lessen the severity of or eliminate other spine-related ailments. This included ?Mobilization? which is a procedure that utilizes low-velocity manipulation. In Laymen?s Terms, it deals with both the stretching and movement of the joints and muscles to increase a person?s range of motion specifically targeted areas. The other chiropractic treatment the blog post mentioned was ?Spinal Manipulation?, also known as ?chiropractic adjustment. It?s a treatment that is distinguished by its use of a short lever arm thrust towards abnormal vertebra. It?s intended to improve functionality and restore the back?s range of motion. Spinal manipulation can also be impactful for reducing irritability and soreness.

Among the last topics that were covered in the Florida Spine & Injury - The Villages article was some tips for patients on how to find the proper chiropractic specialist for their specific needs.

The Villages Chiropractor blog post can be seen in its entirety here at https://www.flspineandinjury.com/blog/doctor-or-chiropractor-for-back-pain.

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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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