

Chiropractor for Back Pain in New York NY Releases New Video to Show How Stretching the Thighs Can Alleviate Low Back Pain

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Dr. Steven Schram, a chiropractor for back pain in New York NY, has announced that he has just released a new video on his website that demonstrates how stretching the thighs can help in reducing low back pain. He has also announced that he has reopened his practice after the shelter in place order and is once again seeing patients. His services include offering treatment for lower back pain, back pain, migraine, neck pain, joint pain, and allergies. He wants to emphasize that the root causes of back pain are usually quite far from the actual location of the pain.

Dr. Schram explains, ?Tension in the thighs, this part of your body is often associated with back pain because it pulls us forward, and there?s a counter tension in the back. This is not where most people have a complaint about a problem, but it?s often part of its solution. In the newly released video, I?m going to show you a couple of very simple thigh stretches that you can try at home. Maybe you?ll find some relief to both your tension in your leg and tension in your back.?

The first kind of stretch is sitting on the heels. For those who are unable to sit on their heels, they can place a towel or pillow underneath. The goal is to stretch the back and lift the pelvis while sitting on the heels.

One variation is to spread the feet wide and sit in between the feet. What is important is to get the calf muscle out of the way and then lean back and lift the pelvis. While doing this, it is important to breathe in and breathe out, while coming down and coming forward.

Another variation is to lie on one side and then stretching the top leg. Next is to grab the ankle and pull it back while moving the pelvis forward. The next step is to straighten the bottom leg but what is essential is to stretch it. The next steps are to breathe in and breathe out, stretch the back, arch the back, breathe in and breathe out, and then return to neutral.

Dr. Steven Schram offers acupuncture and chiropractic services. He provides chiropractic treatments that can help people live a normal life again that is free from pain. He is highly trained and well experience, having almost 35 years of practice, and having successfully treated thousands of people. Dr. Schram is the chiropractor low back pain sufferers in New York often go to.

Through chiropractic adjustments, Dr. Schram may help people with all types of issues, such as injuries, migraines, headaches, arthritis pain, back pain, tendonitis, disc problems, carpal tunnel syndrome, muscle strains, sprains, sports injuries, and more.

Dr. Schram points out that the chiropractic treatments that he provides are all natural and non-invasive and he always strives to find the root cause of the pain. Instead of simply prescribing medication for the pain, he will carefully and intuitively assess the vertebra and joints to find out where there is a misalignment.

A spine that is out of alignment has a direct impact on the nervous system that in turn causes pain. Dr. Schram manipulates and adjusts the misaligned joints and tissues by manually applying pressure. This may help in alleviating the pain and allows the tissues to heal. This drug-free and hands-on approach causes little discomfort and may actually be enjoyable for some people.

Dr. Schram also offers acupuncture, which is a practice that goes back thousands of years. Acupuncture is one of the most popular forms of Chinese treatment in New York and Dr. Schram uses acupuncture to help treat joint pain, back pain, sciatica, arthritis, neck pain, and migraine.

Those who are interested in learning more about stretches for pain in the lower back and other related moves

may want to check out the Dr. Steven Schram website, or contact them on the telephone, or through email. His practice is open from 8:00 am to 1:00 pm, 3:00 pm to 5:00 pm on Mondays, 10:00 am to 1:00 pm, 3:00 pm to 7:00 pm on Tuesdays and Thursdays, 9:00 am to 1:00 pm, 3:00 pm to 5:00 pm on Wednesdays, and from 8:00 am to 1:00 pm on Fridays.

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Dr. Steven Schram

Dr. Steven Schram is a chiropractor and acupuncturist in NYC. Dr. Schram treats conditions that include lower back pain, neck pain and migraines.

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