Arrowhead Clinic Explains How a Mc Donough Chiropractor Can Heal Back Pain Without Drugs

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McDonough, Georgia - June 04, 2020 -
Arrowhead Clinic in McDonough, Georgia, has announced that they have recently released a blog post that explains how a chiropractor may be able to treat back pain without using drugs. They want to point out that their doctors and chiropractors may be able to help patients suffering from back pain without using drugs or surgery. The article examines the natural treatment options available for people who want to alleviate their back pain. These include chiropractic care, good rest, regular exercise, staying hydrated, and taking breaks.

Dr. Robbyn Keating, the author of the article, from Arrowhead Clinic in McDonough, says, ?Back pain is debilitating and often life-altering, interfering with your ability to sleep, work, and enjoy life. Getting rid of back pain often requires a trial-and-error approach that treats the whole person, not just the back pain. Many people choose from an assortment of different pain treatments and remedies, combining them in a regimen that fits their lifestyles and preferences. The one treatment that is universally agreed upon as a back pain treatment is chiropractic care. If you are suffering from back pain in McDonough, it may be time to schedule and appoint with the chiropractors at Arrowhead Clinic.?

Dr. Keating points out that people who suffer from back pain often have a sedentary lifestyle. And most of the back and muscle-related pain are caused by people remaining in awkward and unnatural positions for long periods of time. These awkward positions cause a substantial strain to be exerted on the muscles and ligaments, thus resulting in tightness and pain.

Chiropractic adjustments may help in restoring the spinal alignment, pelvic balance, muscular stability, and also in mobilizing the lower and upper back. And in contrast to pain medications that will only serve to mask back pain, chiropractic care will focus on the root causes of the pain and get rid of them altogether.

Another way to help ease back pain is to make sure to get enough sleep and rest. People who have back pain usually suffer from disturbed sleep. To have a better sleep at night, it may be advisable to get a

high-quality mattress and to experiment with various sleeping positions. It is also a good idea to go to bed and wake up at the same time each day, including weekends.

Exercising regularly may also help with back pain. Stretching and strengthening the muscles of the spine may help in decreasing or even in eliminating many kinds of back pain. However, it is important to ensure that the proper exercises for strengthening the back are done because doing the wrong exercises or doing them poorly, can cause damage to the back. It may be a good idea to visit a chiropractor in McDonough who may be able to suggest the proper exercises for strengthening the back and getting rid of back pain.

Meanwhile, staying hydrated may also help in dealing with back pain. It is important to drink enough water to enhance the height of the intervertebral discs. Drinking half the bodys weight in ounces every day is recommended. Thus, a person who weighs 200 lbs should drink 100 ounces of water.

And finally, it is a good idea to take breaks, particularly if a person tends to sit in the same position for several hours. Even just a 30-second stretch would be sufficient to loosen the body after sitting for a long time. It may be a good idea to set a timer ever hour as a reminder to take a break, go for walk around the office, or stretch for a number of minutes.

People who would like to know more about ways to reduce back pain without taking pain medication or would like to find a back pain chiropractor in McDonough, Georgia, may want to visit the Arrowhead Clinic website, or contact them through the phone or via email. They are open from 9:00 am to 7:00 pm, from Monday to Friday, and from 9:00 am to 2:00 pm on Saturdays.

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For more information about Arrowhead Clinic Chiropractor McDonough, contact the company here:Arrowhead Clinic Chiropractor McDonoughDr. Robbyn Keating(770) 637-6261info@arrowheadclinics.com2154 GA-20, McDonough, GA 30253

Arrowhead Clinic Chiropractor McDonough

Arrowhead Clinic has been providing McDonough residents expert chiropractic service for over 48 years, consistently reducing pain and helping to restore health and overall quality of life for their patients, especially following auto accidents.

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