Ocala Chiropractor Explains How a Chiropractor Can Hasten Personal Injury Recovery

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Florida Spine & Injury in Ocala, FL, has announced that they have recently published a blog post that explains how a chiropractor can speed up personal injury recovery. The article points out that chiropractic manipulation may not just decrease the pain, but it may also allow the body to heal faster naturally after a car accident injury. This is because the chiropractic adjustments and other specialized manipulation of soft tissue may help in breaking up the scar tissue. This enables patients to recover their elasticity, flexibility, and strength much more quickly than if they were to recover without chiropractic care.

The article also points out that chiropractic care may actually help an individual before getting injured. Chiropractic care may actually help in preventing personal injuries and car accident injuries from happening in the first place. This is because when the spine is misaligned, certain muscles will need to compensate for the unbalanced distribution of pressure throughout the body. Any pinched nerves and misaligned vertebrae will usually lead to tension and a noticeable reduction in the individual?s range of motion. Chiropractic adjustments may restore the body?s natural alignment, resulting in a properly aligned body that may decrease the risk of injury and make it easier for the body to heal.

There are a number of indications of personal injury, especially after a car accident. These include: headaches, muscle spasms, dizziness, back pain, ringing in the ears, muscle pain, soreness, stiffness, and blurred vision. There may also be some symptoms that might not be immediately be considered to be a result of the accident. Nevertheless, such symptoms should not be taken lightly because they may be a sign of severe injuries, such as damage to the spine or the surrounding soft tissue.

The accident injury chiropractor may offer whiplash treatment that could be in the form of gentle stretching and manual therapy. The chiropractor can also make some suggestions on how individuals may speed up their recovery on their own. He or she may suggest using ice to decrease inflammation or use a light neck support. After the reduction of the inflammation with ice therapy, the chiropractor will be able to focus more on spinal manipulations for restoring normal function to the joints in the neck.

The chiropractor may also provide treatment for pain in the back, shoulders, neck, or anywhere else in the body. Most of the pain is due to soft tissue damage that may require weeks or months to heal totally. A soft tissue damage, such as a muscle tear, is often more painful than a bone injury. And even after healing, there may be some scar tissue, which can reduce the strength and flexibility of the affected area, while also causing joint stiffness and more pain.

Soft tissue manipulation and chiropractic adjustments may be able to help victims manage their pain resulting from the accident through the elimination of nerve interference. Chiropractic care may offer personal injury victims a way to manage their pain without the need for medication or surgery. The realignment of the vertebrae that is causing pinched nerves can reduce the pain being experienced by accident victims. Chiropractors may also be able to hasten the recovery process through the use of electrical stimulation. This requires the use of a weak electrical current for the purpose of stimulating the muscles and decreasing inflammation.

Dr. Jonathan Walker, D.C., one of the chiropractors at Florida Spine & Injury, has been providing chiropractic care in Florida since 2008. He is currently focused on providing treatment for auto accident injuries, disc injuries, knee pain, and peripheral neuropathy. Meanwhile, Dr. Richard Fontaine, III, Director of Practice Analytics, is a board-certified chiropractic physician in the state of Florida,

Those who need a chiropractor after personal injury accident, may want to check out the website of Florida Spine & Injury, or contact them on the telephone or through email. They are open from 8:00 am to 6:00 pm for Mondays, Wednesdays, Thursdays, and Fridays, and from 8:00 am to 5:00 pm on Tuesdays.

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For more information about Florida Spine & Injury - Ocala Chiropractor, contact the company

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Florida Spine & Injury - Ocala Chiropractor

At The Florida Spine and Injury Centers, we?ve been treating Accident Injuries for over 20 years. By using a combination Chiropractic Doctors and Medical Doctors we are able to diagnose, treat and document your injuries.

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