



Florida Spine and Injury Releases Blog Post Explaining Spinal Manipulation For Those Seeking A Chiropractor In Gainesville Florida

October 27, 2020

October 27, 2020 - PRESSADVANTAGE -

Florida Spine & Injury, a Gainesville chiropractor clinic serving patients in Florida, released a blog post explaining the spinal manipulation procedure. The clinic offers chiropractic care for those suffering from injury and pain. The clinic also works with car accident injury victims, assisting them with the recovery process and providing them with attorney referrals and proper medical documentation.

Spinal manipulation, also known as spinal manipulative therapy, manual therapy, or chiropractic adjustments, are techniques where chiropractors use their hands or a specialty device to apply a controlled thrust to the patient's spinal joints. It is used as a routine treatment for pain conditions like back pain, neck pain, and other musculoskeletal conditions. There are well over 100 types of spinal adjustments used by chiropractors around the world. In the procedure, force is applied to the spinal joints to restore the spine's structural integrity, improve the nervous system, reduce pain, and allow the body to heal itself naturally.

According to the blog post, Spinal adjustments have been practiced for over a century in some form or another. In current times, it is a staple of both Western as well as Asian medicine. Originally, a doctor named

Andrew Taylor Still developed the theory that diseases were caused by displaced bones and muscles interfering with the body's circulatory system. Building on Dr. Still's work, Daniel David Palmer developed the theory that the body's healing power could be blocked by spinal misalignments, also known as subluxations, therefore causing diseases. The subluxation theory would eventually form the basis of modern chiropractic medicine.

The blog post explains how chiropractors, osteopathic physicians, physical therapists, and occupational therapists across North America commonly use spinal adjustments as a part of their repertoire of treatments. Chiropractors can also use ice and heat therapy, electric stimulation, traction devices, and ultrasound for deep tissue heating. Spinal manipulations have become one of the most common complementary healthcare options used by adults and children in the U.S. It has been used to treat a range of ailments. Statistically, out of the entire population that sought chiropractic care, 5% used chiropractor care for improved focus and memory. 11% used chiropractic care for improved immune function. 16% used it for improved energy. 25% used it to treat their body as a whole. 43% went to the chiropractor for general wellness and disease prevention. Studies have also shown that women are more likely to use manual therapy than men. Older adults between 45 and 64 were more likely to see a chiropractor than adults between 18 and 44. Patients can read about the treatments offered at Florida Spine & Injury's Gainesville, Florida center at <https://www.flspineandinjury.com/locations/gainesville/chiropractor>.

The blog post warns that there are limited serious adverse effects of chiropractic manipulation. A chiropractic adjustment is safe as long as they are performed by a trained, licensed practitioner like a chiropractor. Although rare, some serious side effects can occur, such as herniated disks or the worsening of a herniated disk, compressed nerves in the lower spinal column, and even a particular type of stroke after neck manipulation. Some people should avoid the use of spinal manipulation, such as those suffering from severe osteoporosis, a high stroke risk, spinal cancer, or an unstable spine. It may also be advisable to avoid spinal manipulation if the patient experiences numbness, tingling, or loss of strength in an arm or leg.

Dr. Jonathan Walker, a spokesperson for Florida Spine and Injury, says, "Florida Spine and injury has an experienced team of chiropractors who have been using spinal manipulation to treat their patients for decades. Our chiropractors have the necessary skills and training to ensure you receive the treatment you need to restore your health and well-being. If you're experiencing back pain or neck pain, don't make the mistake of assuming it will go away on its own. Many pain conditions will worsen over time if they are left untreated. It's essential to see a chiropractor as soon as possible to prevent your problems from becoming chronic issues. The chiropractors at Florida Spine and Injury will be sure that you receive the treatment you need to recover as quickly and optimally as possible - whether they use a chiropractic adjustment or another form of treatment. Before you do a google search for a Chiropractor near me Gainesville based Florida Spine

& Injury should be your first line of defense.?

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Florida Spine and Injury - Gainesville Chiropractor

Florida Spine and Injury in Gainesville provides superior care to victims of accident injuries in Alachua County. We diagnose, treat and document injuries related to Auto Accidents, Slip & Fall Incidents, Work Accidents and more.

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