Chiropractor In West Los Angeles Offers Holistic Treatments

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Los Angeles, CA-based Active Body Chiro-Care is pleased to offer holistic treatments and personalized health programs to those looking for a trusted chiropractor in West Los Angeles. The clinic encouraged their community to get in touch and learn more about the various services offered, particularly if they suffer from chronic pain.

Dr. James Hogan and his staff at Active Body Chiro-Care provide chiropractic services that help their patients become strong and live healthy lives with reduced (or even completely eliminated) pain. Dr. Hogan believes that proper equipment is important but technique is even more crucial in providing chiropractic care. His staff and he not only have years of experience in spinal manipulation, they also keep abreast of the latest adjustment techniques. They use state-of-the-art equipment, coupled with their experience and expertise, to ensure the success of a patient?s treatment. The techniques they use are a combination of traditional and advanced spinal adjustments ? which are proven to be effective, safe and comfortable.

An individual may experience pain due to a wide variety of reasons, such as suffering from an injury, being involved in an accident or having a chronic medical condition. Whatever the reason behind the pain,

chiropractic care may be able to provide relief and improve their quality of life. Spinal manipulation can eliminate the need for painkillers, for instance, by reducing the intensity of pain that a person experiences. This allows patients to seek out other ways to feel better and become more active. Spinal manipulation can also help with headaches and other issues that can originate from the spine. Proper technique and care can make tension headaches occur less often (and less intense when they do happen). It can also help people with sciatica and reduce their pain, thus enabling them to be more active at work and in their personal lives.

Active Body Chiro-Care offers holistic treatments and personalized health programs that can help with chronic back pain, herniated disks, headaches, muscle strains, whiplash, neck pain, sciatica, degenerative disk disease, injured hamstrings and more. Dr. Hogan asserts that the clinic does not provide treatments that are focused on treating just one particular issue. Instead, they take a holistic and multi-faceted approach that aims to address the root of the problem and help people lead healthier and more pain-free lives.

Active Body-Chiro Care has received great reviews for their services. Lary L. says in a 5-Star Google review, ?I went to see Dr. Hogan after I'd thrown my neck out and had suffered very painful muscle spasms. After the spasms subsided, my neck and shoulders were so tight, and I was having trouble sleeping from discomfort. I'd never been to a chiropractor before and was very nervous. Upon entering Active Body Chiro-Care, I was welcomed by a very pleasant staff member named Abril, who put me right at ease. Dr. Hogan was very thorough, and his treatment was extremely effective.?

The review concludes that, ?It's been 2 days since my adjustment, and I finally feel free of pain. I'm walking lighter and have a full range of motion in my neck! I highly recommend the Active Body office, and I look forward to trying out their other services. He mentioned that he can do cupping, some type of muscle scraping technique and other muscle working therapies. In case you're wondering how the chiropractic adjustment went, Hogan took great care in warming up my back with a heating pad type thing while I lay on the adjustment table. He explained how everything was going to go and then went about adjusting me with lots of little gentle pops and stretches, and then he massaged all the surrounding tissues, which was extremely helpful.?

Meanwhile, LaToya J. says in a 5-Star Yelp review, ?I highly recommend Dr. Hogan! He is very friendly, extremely knowledgeable and thoroughly explains his treatment process and plan. I have been an athlete, and very active, my entire life. After running into an injury about a year ago and becoming unable to move and perform as well, I tried many different forms of healing and relief, such as physical therapy, other chiropractors and doctors. After beginning treatment with Dr. Hogan, I'm feeling the best I've felt in over a year. He has helped to get my body moving properly and has helped me get back on the road to recovery. I am confident in his ability to help heal my injury, and I am excited to finally be seeing some progress! I am so happy to be working with Dr. Hogan!?

Those who are looking for a holistic chiropractor in West Hollywood may check out Active Body Chiro-Care?s website to learn more about their full range of health services. Those interested may reach out to Dr. James Hogan directly for further details as well.

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For more information about Active Body Chiro-Care, contact the company here:Active Body Chiro-CareDr. James Hogan(310) 699-9299Jhogan@activebodychirocare.com10960 Wilshire Blvd, Los Angeles, CA 90024

Active Body Chiro-Care

Dr. James Hogan is a licensed Chiropractor serving the West Hollywood, Santa Monica, Los Angeles, Beverly Hills and Hawthorne community. Dr. James Hogan works with patients of all ages and physical abilities, including professional athletes.

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