Active Body Chiro-Care Offers Chiropractor Services in Hawthorne, CA

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Active Body Chiro-Care, based in Los Angeles, CA, is pleased to announce that they are providing the services of a chiropractor in Hawthorne and neighboring areas. In this particular office, they offer a comprehensive range of complementary health services to help people attain their wellness goals. These objectives may be to strengthen the muscles after an injury, stop chronic pain, lose some eight, or get holistic care that doesn?t depend on pain-masking drugs to treat all health issues.

Dr. James Hogan, a board-certified chiropractic physician at Active Body Chiro-Care, says, ?Most people want to be healthy and reduce their risk of illness. We can help you do this through chiropractic care, massage therapy, trigger point therapy, nutrition counseling, lifestyle counseling, corrective exercises, kinesio taping, and more. If you are unhappy with traditional medicine and its focus on medication that masks pain symptoms, we invite you to visit our wellness center and learn how we can help you heal.?

Chiropractic services may be used to help people get the main cause of the pain treated, strengthen their body so that it can help prevent the illness from coming back, and look and feel their best every day. They can offer treatment for various health issues, such as: headaches and migraines, foot or ankle pain, arthritis,

TMJ, back pain, carpal tunnel syndrome, sciatica, nerve problems, neck pain, shoulder pain, frozen shoulder, rotator cuff injuries, tennis elbow, knee pain, golfer?s elbow, auto accident injury, ergonomic injury, and sports injury.

One of the chiropractic techniques utilized by Dr. Hogan is the active release technique (ART), which is a soft tissue method for the muscles, nerves, and tendons. Some of the health issues that may be treated by ART are knee problems, carpal tunnel syndrome, tennis elbow, shoulder pain, and sciatica. Such problems are caused by overusing the muscles, resulting in the accumulation of scar tissue in the muscles. ART loosens the scar tissues from the underlying muscle and this will relieve the tension that in turn allows the natural healing of the muscles and surrounding tissue.

Active Body Chiro-Care can also provide help to people who have suffered sports injuries. Athletes who get injured while engaging in sports will usually find themselves unable to compete in the sport they love for weeks, months, or even years. The problem is that athletes will simply put ice on the injured area and hope that it will soon go away. While this will cause the inflammation to decrease, the root cause of the injury is not addressed, with the result that athletes will experience some lingering stiffness and soreness, with the injury taking a longer time to get healed.

They can help those who are looking for a sports injury chiropractor in Los Angeles. Their chiropractor who specializes in sports injuries is experienced in treating people who have been injured while playing tennis, cycling, running, playing football, or playing golf. The chiropractor will conduct a full examination and then check spine alignment. This is because a misalignment of the spinal vertebrae because of the impact that caused the sports injury can cause chronic pain, muscle strains, and increased tension in other areas of the body.

Golf and tennis elbow injuries are common sports injuries treated at Active Body Chiro-Care. Such injuries are the result of repetitive wrist and arm movements. These injuries usually occur in people who play tennis or golf, or have a job that involves lifting of heavy weights, repetitive wrist movement and hand clenching, and performing a lot of yard work. Symptoms of such injuries include: a slight pain on the outside or inside of the elbow; elbow stiffness; pain that often gets worse when moving the wrists and hands; a tingling or numbing sensation in the fingers; and muscle weakness in the hands, wrists, and forearms.

Those who are looking for a sports chiropractor in Los Angeles and surrounding areas, you may want to check out the Active Body Chiro-Care website or contact them on the phone or through email. They are open from 8:00 am to 6:00 pm on Tuesdays and Thursdays, and from 8:00 am to 12:00 pm on Saturdays.
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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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