Unity Spine & Joint Offers the Services of a Sports Injury Chiropractor in Avondale Arizona

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Tempe, Arizona - March 22, 2021 -
Unity Spine & Joint, a chiropractic clinic in Tempe, AZ, is happy to announce that they are ready to serve those who are looking for a sports injury chiropractor in Avondale and neighboring areas. This chiropractor will consider the bone density of the patient before using the hands to provide gentle treatments to offer pain relief to the damaged or injured part of the body. This is a type of alternative therapy that is centered on assessing what is wrong with the spinal and musculoskeletal system and then providing the needed treatment through gentle manipulations.

Dr. Thomas Morgan, practitioner at Unity Spine & Joint, says, ?This non-invasive therapy allows the joint to move in a normal manner and minimize inflammation. It is important to note that the manipulations of the lumbar spine are an incredibly safe and effective way to get out of pain. Although chiropractic therapy cannot cure every disease or illness, in many cases, it can reverse the cause of the pain. For example, if you are experiencing neck pain, taking pain-relief medication will treat your symptoms, however, by seeing a chiropractor, the cause of your pain will be treated. Medication only masks your symptoms.?

Chiropractors focus their treatments on the nervous system because it is where everything in the body is

controlled. The nervous system controls everything, from reflexive responses to stimulus to every single movement of the body. The sports injury chiropractors believe that an unhealthy spine is one of the primary reasons for the aches and pains that are felt by the body. Thus, when the body is subjected to extreme forces, such as during sports and accidents, these forces may affect the spine, resulting in aches and pains. Thus, they can provide whiplash treatment in Phoenix, Avondale, and other nearby areas.

Those who are suffering from sports injuries or are victims of an auto accident may experience pain from the neck or back. Fortunately, those who suffer from whiplash may end up completely recovered as long as proper care is provided as early as possible. As an immediate remedy, an ice pack may be applied on the affected area to minimize the swelling and to prevent the inflammation from affecting the nearby body tissues. It is recommended that the ice pack be applied for about five minutes and then taken off for about 10 minutes to allow the skin to breathe a little in between applications of the ice pack.

Physical exercise may also be a vital component of the rehabilitation process for a sports injury. Patients may be asked to perform some physical exercises in between sessions to enhance the mobility of the affected areas. This is because muscles that are gently stretched out, using the proper rehab exercises allow the patient to recovery more quickly. However, it is important to perform the exercise at the appropriate intervals as instructed by the health care professionals.

The chiropractor will typically begin the intake process for a sports injury or car accident victim by fully reviewing the patient?s medical history. This is because even if the injury is relatively new, an earlier incident may have made the injury worse. A physical exam will then be performed, whereby the arms, head, and neck are checked if there are any areas of acute or sharp pain when light pressure is applied. The patient will also be asked to do some simple mobility exercises to determine those parts of the body that are giving the patient the most trouble. X-rays may also be performed to rule out any broken bones or hairline fractures. MRIs may also be used to check a specific part of the body. After this, a viable treatment plan is developed for the sports injury or car accident patient.

Meanwhile, they also offer male testosterone therapy in Avondale and surrounding areas. Declining testosterone levels has a much more serious impact on the body, aside from the reduction of libido and experiencing mood swings. It is important to note that the physician will make sure that the patient really needs testosterone therapy because too much of it can have serious adverse effects.

People who are interested in chiropractic care and other services in Avondale and neighboring areas may want to visit the Unity Spine & Joint website or contact them on the telephone or through email. They are open from Monday to Thursday, from 8:00 am to 5:00 pm; and on Fridays, from 8:00 am to 2:00 pm.

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For more information about Unity Spine & Joint, contact the company here:Unity Spine & JointDr. Thomas Morgan602-603-4077tom@unitydoctors.com4765 S Lakeshore Dr, Tempe AZ 85282

Unity Spine & Joint

At Unity Spine and Joint, we practice responsible pain management with a broad array of services and specialties. This enables us to provide you with the correct diagnostic testing, regenerative medicine, chiropractic and physical exercise modalities.

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