

Columbia Maryland Chiropractor Palmercare Chiropractic Raises just Over \$15000 for Charity at 10th Annual Charity Golf Tournament

October 15, 2021

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Palmercare Chiropractic Columbia, a chiropractic office in Columbia, MD, has raised just over \$15000 at the 10th Annual Charity Golf Tournament that was held on September 18, 2021 at the Pleasant Valley Golf Club. All proceeds from the fundraising event will be used for providing gifts for local families that are in need during the holidays. Palmercare Chiropractic has been doing this Gift Giveaway in all of their clinics for the last 10 years. They have partnered with MASE Faith Foundation, a 501c3 non-profit organization, for the 2021 Holiday Gift Give-Away.

Dr. Corey Malnikof, owner of Palmercare Chiropractic, says, "This annual charity golf tournament has always been of great importance to us. It is a tradition that we love and enjoy and look forward to every year. The over \$15000 raised during this event will certainly do a lot to help families who are in need, allowing them to celebrate the upcoming holidays more abundantly."

Palmercare Chiropractic Columbia can provide chiropractic treatment for neck pain. They want to emphasize that while neck pain is common, it is not normal. Those who have neck pain often experience: migraines and headaches; limited range of motion; muscle tightness and spasms; and pain that is aggravated by holding the head in the same position for extended periods of time. They will start the treatment by determining the underlying cause of the neck pain. Possible causes include: car accidents; too much screen time; strains and spasms; fixations; bone misalignments; improper sleep position; and cervical disc issues.

They can also provide chiropractic treatment for upper back pain. Typical symptoms of back pain include: dull, burning, or sharp pain in the affected area; weakness in the legs and arms; tight, stiff muscles in the upper back, neck, and shoulders; loss of bowel or bladder control, in extreme cases; and numbness and tingling in the extremities, chest, and abdomen. There are many potential reasons for upper back pain, but

the most common are disc injuries or irritation, scoliosis, poor posture, and degenerative conditions. The treatment plan will vary depending on the reason for the pain but mostly likely it will start with targeted spinal manipulation that can restore the normal alignment of the spine and remove the block to nerve flow.

Palmercare Chiropractic Columbia will also use spinal manipulation for a broad range of aches and pains in the extremities, including the feet, knees, ankles, wrists, hips, shoulders, and elbows. They will perform adjustments to the spine that may restore nerve flows and offer pain relief in the extremities. In addition, various active and passive therapies may also be provided, including exercises, soft tissue massage, stretches, and ultrasound therapy.

They can also offer chiropractic treatment for migraines and headaches, which are commonly treated with prescription or over-the-counter medications. However, while drugs may address the symptoms, they don't address the real reason for the pain. Chiropractors consider headaches to be an indication of disequilibrium in the body. When headaches are caused by problems with the structure of the body, such as cervical disc issues, poor posture, muscle tension, or misalignment of the neck vertebrae, spinal adjustments can be used as an effective method of treatment.

Palmercare Chiropractic Columbia takes a unique approach to pain management, which is a holistic and drug-free approach to addressing the problems of patients. They employ a combination of physiotherapy, reflexology, massage therapy, chiropractic adjustments, and other modalities as a holistic strategy for addressing the patient's issues. Palmercare has several locations, such as Atlanta, GA; Bethesda, MD; Alexandria, VA; Centreville, VA; Colleyville, TX; Buffalo, NY; Fairfax City, VA; Falls Church, VA; Columbia, MD; Irving, TX; Leesburg, VA; Lakewood, CO; Mansfield, TX; McLean, VA; Lovettsville, VA; Washington, DC; Woodbridge, VA; and Sterling, VA.

Those who require the services of a chiropractor in Columbia, MD can check out the Palmercare Chiropractic Columbia website, or contact them through the telephone or via email. They are open from 9:00 am to 7:00 pm on Mondays and Wednesdays; 3:00 pm to 7:00 pm on Tuesdays; 9:00 am to 5:00 pm on Fridays; and 9:00 am to 11:00 am on Saturdays.

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For more information about Palmercare Chiropractic Columbia, contact the company here: Palmercare Chiropractic Columbia Dr. Kelan Connolly 4435463810 palmercare@palmercare.com 6851 Oak Hall Ln Ste 301 Columbia, MD 21045

Palmercare Chiropractic Columbia

Here at Palmercure Chiropractic Columbia, we have the best chiropractor who is addressing the needs of the members of our community who suffer from chronic pain and other discomforting, painful conditions.

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