



Holistic Chiropractor Frees Beverly Hills Patients Of Chronic Pain

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Beverly Hills, California based Jochen Chiropractic & Wellness Center is helping patients recover from chronic pain and other conditions via chiropractic treatment. The clinic takes a holistic approach in the development of every patient's treatment plan, and this has the effect of promoting their recovery and wellness at every turn. Learn more here: [Holistic Chiropractor Beverly Hills](#).

The Center makes a concerted effort to expand the chiropractic field in every case, reassessing and refining their techniques to ensure they always deliver the best patient experience possible. They also keep abreast of the latest techniques as pioneered by other chiropractic leaders, and this cumulative knowledge has led the clinic to develop a three-step method of healing that they have found works best with their Beverly Hills patients. Those who come to the Center for pain-relief, for instance, will find that the team always begins by diagnosing the source of their pain. Following this, the treatment can begin.

The first step is to help the patient either manage their pain or eliminate it altogether (and the clinic always

targets the latter outcome wherever possible). To achieve this, they often implement multiple techniques either simultaneously or in quick succession, such as soft tissue massage and physical therapy. If required, chiropractic manipulations will be administered to introduce optimal spine alignment in the patient's body. The clinic clarifies here that each patient is unique, so their treatment has to be developed with respect to their individual needs. This has two effects: it increases the likelihood of recovery at their pace and prevents them from having to undergo any unnecessary procedures. Learn more here: [Corporate Wellness Chiropractic Beverly Hills](#).

Step two involves correction and recovery. Here, the patient is given the tools to correct the underlying cause of their pain and help prevent it coming back. Jochen Chiropractic & Wellness Center will teach them a series of exercises in pursuit of this, following which they can implement these exercises at home. As time goes on, the patient will observe an improvement in their stabilization, a stronger body and a better range of motion. In turn, this will reduce their pain.

Building on this, step three is to furnish the patient with a maintenance plan. Since the patient will likely resume their regular lifestyle and work patterns once the initial treatment is complete, there is a chance that their activities will lead to a spinal misalignment. The clinic reassures their community that this is perfectly natural, and it is what their maintenance program is designed to remedy. Sticking to the program will help the patient quickly get back into alignment, reducing the likelihood of them returning to a state of chronic pain. According to the clinic, a plan may consist of regular chiropractic adjustments as well as exercises and associated treatments that are intended to bolster the patient's stability. Notably, patients typically report a highly positive experience with this approach.

Marci C. describes themselves as a, "Big fan of Dr. Jochen and his entire staff." Their 5-Star Google review goes on to explain that, "I've been going here for a little more than a year for adjustments for upper back/neck pain. The treatments are effective ? I always walk out feeling so much better. The massages are great as well! I've felt safe during the pandemic as they follow COVID safety protocol. Unfortunately, my insurance does not cover chiro work, but if they did I'd be here a lot more frequently."

A common theme among the clinic's feedback in both online and offline forums is that their chiropractors take the time to explain every step of a treatment and ensure their patients understand what is happening at all times. While it takes a specialist to properly administer chiropractic treatments, the clinic firmly believes that patients should have as much opportunity to be a part of their own recovery as possible. To accomplish this, they need to learn more about their condition and the options at their disposal, and every member of the team at Jochen Chiropractic & Wellness Center is committed to sharing their vast knowledge whenever required. In addition to building trust between patient and practitioner, they assert, this serves to help patients relax more during and after their treatments ? which can contribute greatly to the speed of their recovery.

The clinic's official website and social media platforms offer further insight into their holistic services and ethos. Alternatively, patients are welcome to contact Dr. Stephen Jochen, D.C. of the Jochen Chiropractic & Wellness Center for additional information about their condition. Read more here: [Chiropractor Near Me Beverly Hills](#).

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Jochen Chiropractic & Wellness Center

Located in Beverly Hills, CA, the team of highly trained professionals advocates for a holistic and pain-free lifestyle. From chiropractic care to traditional Chinese medicine, this wellness center offers a variety of services to meet its patients' needs.

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