Chiropractor in Hawthorne California Helps People Achieve Wellness Objectives

April 12, 2022

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Active Body Chiro-Care, a chiropractic clinic based in Los Angeles, CA, is happy to announce that they are helping people achieve their wellness objectives, especially for the residents of Hawthorne and other parts of South Bay, CA. They are offering a full range of complementary health services in their South Bay office in Hawthorne designed to help patients achieve their wellness goals. Whether patients want relief for their chronic pain, lose weight, strengthen their muscles after injury, or want holistic care that doesn?t depend on drugs that simply hide the pain to treat all health issues, the chiropractor in Hawthorne and the team of health practitioners are ready to serve as the patient?s partner in health.

They are ready to apply both modern and ancient healing methods to bring back the patient?s body to a state of wellness. The basic concept they rely on is that when the spine is appropriately aligned, the nervous system and immune system will function optimally with the result that the individual will have better sleep and have higher energy levels. The patient will have less colds and other illnesses and will feel better both physically and mentally.

Most people desire to be healthy and have less chances of getting sick and the South Bay office of Active

Body Chiro-Care can help with that wellness goal through chiropractic care, trigger point therapy, nutrition counseling, massage therapy, corrective exercises, kinesio taping, lifestyle counseling, and more. Their staff will always explain what they plan to do and the reason for it before introducing a new technique for a patient. The patient can also ask any questions regarding the new procedure. In this manner, their staff always take into account the patient?s personal preferences in regards to their health care plan.

Active Body Chiro-Care may be able to help the patient with various kinds of health issues. These include: arthritis; foot or ankle pain; carpal tunnel syndrome; headaches and migraines; back pain; temporomandibular joint disorders; sciatica; neck pain; rotator cuff injuries; nerve problems; frozen shoulder; shoulder pain; tennis elbow; golfer?s elbow; sports injury; knee pain; ergonomic injury; and car accident injury.

The team at Active Body Chiro-Care can offer help with various common shoulder injuries, such as frozen shoulder, rotator cuff, impingement, and instability. They will first assess the shoulder pain to understand the source of the issue. Then they will develop a chiropractic health plan for the purpose of lessening inflammation and pain and restoring mobility. They will gently adjust the shoulder joint to make sure that it is in the appropriate location. They may also use their Activator tool to offer precision adjustments of the shoulder joint and enhance its stability.

For neck pain, they will also perform a thorough examination and recommend the necessary treatment, such as massage therapy, chiropractic adjustments, or corrective exercises. For low back pain, they will apply gentle and natural treatments. Some of the techniques that they can use are the: diversified technique; Thompson drop table; Activator; trigger point therapy; and kinesio taping.

Dr. James Hogan is a licensed chiropractor serving the Los Angeles, Beverly Hills, South Bay, and West Hollywood community. He is a board-certified chiropractic physician who can work with patients of all ages and physical abilities, including professional athletes. He applies a ?whole person approach? when providing chiropractic care. This means that he will always look for the underlying reasons for any disruption or disturbance in the patient?s health, which may or may not be causing symptoms at the present time. He will then perform whatever interventions and recommend lifestyle adjustments that would optimize the patient?s conditions to achieve normal function.

People who are interested in a sports injury chiropractor in LA and neighboring areas may want to check visit the Active Body Chiro-Care website or contact them through the telephone or via 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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