Active Body Chiro-Care Offers Sports Injury Chiropractor Services in South Bay

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Active Body Chiro-Care, a chiropractic clinic based in Los Angeles, CA, is happy to announce that they are offering the services of a sports injury chiropractor in South Bay and nearby areas. The chiropractic services they provide include: chiropractic adjustments (spinal adjustments and manipulations); floss band therapy; myofascial cupping; kinesiotaping; trigger point therapy; massage therapy; spinal traction; active release technique (ART); corrective exercise prescription; and nutrition and lifestyle counseling.

?Our sports injury chiropractic services include state-of-the-art Kinesio taping. It?s a tape that stabilizes the joints. It also increases circulation, decreases inflammation, increases range of motion and reduces pain from a sports injury. And with our nutritional counseling services, patients can learn about all the vitamins, minerals and food choices to enhance healing,? says Dr. James Hogan, licensed chiropractor at Active Body Chiro-Care. ?If you?re suffering in pain due to a sports injury, car accident or medical condition, turn to Active Body Chiro-Care for a comprehensive evaluation and effective treatment plan. We complete physical exams and take X-rays for an accurate diagnosis. Then, we create the best chiropractic treatment plan to get you on the road to recovery.?

Active Body Chiro-Care employs a holistic and multi-faceted philosophy, where complementary modalities such as trigger point therapy, nutritional counseling, massage therapy, and Kinesio taping can be included into the patient?s treatment plan, in addition to spinal adjustments. Each modality will work synergistically to boost healing. And chiropractic care is not just done at the office. Patients are also provided with instructions for corrective exercises that they can do at home to strengthen their bodies and prevent injuries. These exercises can also help relieve pain and reduce body stress. Some of the conditions that Dr. Hogan and his team can offer help with are: chronic back pain; herniated discs; headaches; muscle strains; degenerative disc disease; whiplash; neck pain; sciatica; and injured hamstring.

Chiropractic care is mostly focused on the spine, which is a network of bones, nerves, tendons, muscles, and ligaments. When one of these components is out of alignment, it can irritate the others and cause pain. Dr. Hogan can perform gentle spinal manipulations to bring everything back to their proper position. For instance, a herniated disc can press on the sciatic nerve and result into radiating pain. Even the inner gel of a leaky disc can cause pressure on a nerve.

Massage therapy is another modality that can offer several benefits and is often recommended as part of their patients? treatment plans. It can help in making the muscles relax and in healing soft tissue damage by increasing blood flow and nutrient delivery. They also offer another kind of massage, which is known as trigger point therapy. This is used for those situations when there are ?knots? in the muscles, which can be painful and result into a loss of mobility. Trigger point therapy is focused on those ?knots? and is effective as a pain management method.

Dr. James Hogan is a licensed chiropractor who serves the Los Angeles, South Bay, West Hollywood, and Beverly Hills communities. He is a board-certified chiropractic physician who is capable of providing help to anyone of whatever age and physical ability, including professional athletes. He always takes a ?whole person approach? when providing chiropractic care, means that he will always find out the root causes for any disruption or disturbance in the patient?s health, which may or may not be resulting into current symptoms. He will then perform any needed interventions and suggest lifestyle adjustments that would maximize the patient?s condition to attain normal function. Using his unique strategy, Dr. Hogan can help patients accelerate and/or maintain their journey to good health through the best chiropractic care.

Those who require a chiropractor in Hawthorne California and other communities in South Bay can visit the Active Body Chiro-Care website or contact them on the telephone 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.

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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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