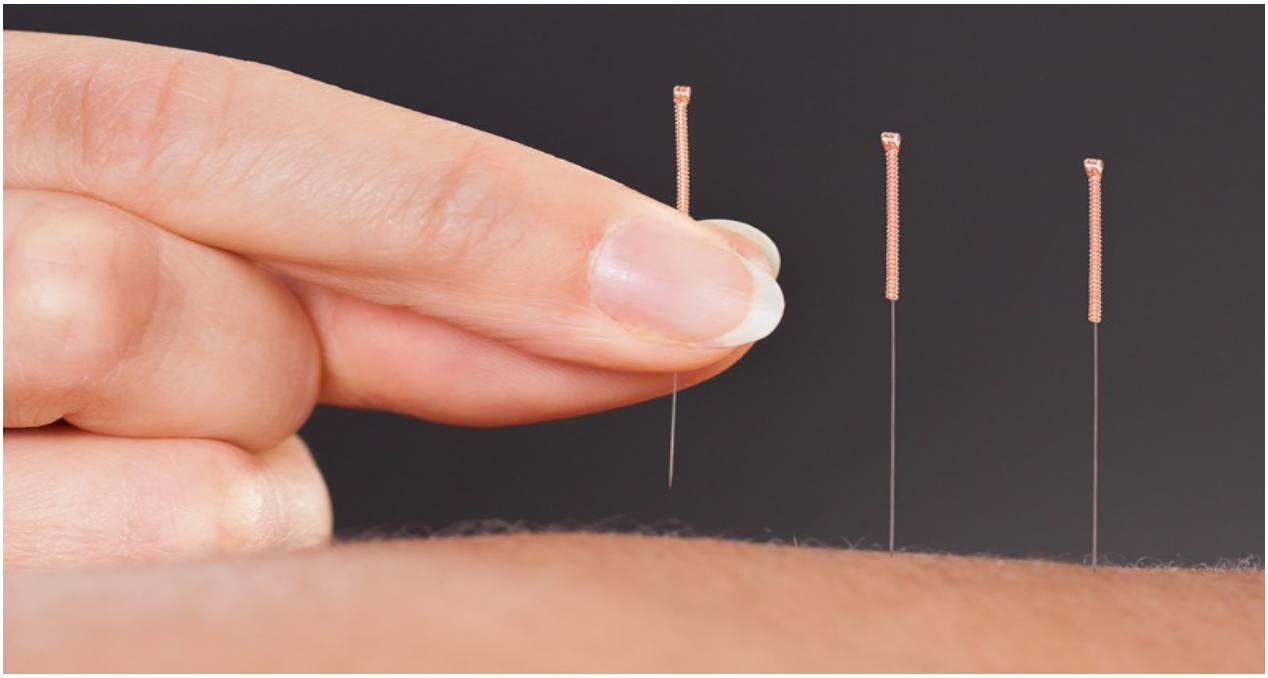


# Beverly Hills Chiropractor Near Me Offers Three-Step Method Toward Healing

*August 01, 2022*

Beverly Hills, California - August 01, 2022 -
Jochen Chiropractic & Wellness Center, a holistic and pain-free clinic based in Beverly Hills, CA, has explained their diversified approach to health and healing in a new blog post. The Beverly Hills chiropractor clinic applies a three-tiered approach towards healing. This is made up of pain-free treatment alternatives; spinal mobilization correction and recovery; and a prevention and wellness program. With decades of experience, the team at Jochen Chiropractic and Wellness Center in Beverly Hills can help patients in enhancing their overall health and wellness.

Dr. Stephen Jochen, D.C. says, ?The team at Jochen Chiropractic and Wellness Center believes in a diversified approach to health and healing. If you?ve been experiencing pain, we want to get to the root cause of the problem. It?s why we?ve developed a three-tiered approach toward healing. And if you?re suffering from a sports injury, lower back pain, neck pain, headaches or a chronic pain condition like fibromyalgia, a soft tissue massage may be just what you need. In addition to your main issue being treated, Dr. Jochen and his team will also look for the underlying cause of your symptoms during your session.?

Dr. Jochen points out that their pain-free treatment alternatives are a combination of various kinds of treatments. These include: chiropractic manipulations to achieve optimal spinal alignment; physical therapy; and soft tissue massage therapy. For correction and recovery, they provide patients with the tools required to correct the root cause of the pain. They teach the patient a series of exercises, which include spinal mobilization correction. These exercises are taught in the Beverly Hills clinic and then the patients can practice them in their own homes. These unique exercises are designed to: provide the patient with better stabilization; strengthen the body; and stretch the muscles for reduce pain and enhance flexibility.

Jochen Chiropractic & Wellness Center also provides a maintenance program because daily activities tend to result into spinal misalignment. With this program, they will ensure that the spinal alignment will be achieved faster and minimize the chances of the person suffering from chronic pain conditions. This program is made up of regular chiropractic adjustments, including the exercises and treatments that are most suitable for each individual.

And when looking for a sports chiropractor Beverly Hills residents may also rely on Jochen Chiropractic & Wellness Center. They can provide chiropractic care for sports injuries, which are mostly soft tissue in nature. Also, many of these injuries are due to incorrect body biomechanics and sporting methods, which is why chiropractic doctors are preferred for sports injuries.

Initiated in 1994, Jochen Chiropractic & Wellness Center has set as its goal to provide assistance to patients in reaching their wellness goals by using the different skills and expertise that comprise the whole wellness spectrum, ranging from chiropractic care to TCM and more. Dr. Stephen Jochen, D.C. has a team of health professionals at the chiropractic clinic and wellness center and they specialize in using the holistic approach when providing chiropractic care. Together they offer a holistic path for patients to achieve a pain-free lifestyle that doesn?t involve taking so much medication or going through invasive procedures. With almost 20 years of experience, Dr. Jochen and his team can provide treatment for a range of health issues, from lower back pain to carpal tunnel syndrome, by employing different techniques, including chiropractic care, massage, acupuncture, cupping therapy, and more. The team at Jochen Chiropractic and Wellness Center can use a wide range of methods when helping patients achieve better health. They have created a three-tiered approach to healing: prevention and wellness; correction and recovery; and pain-free treatment options.

Those who are looking for the best chiropractor in Beverly Hills can visit the Jochen Chiropractic & Wellness Center website, or contact them through the phone or via email. They are open from 8:00 am to 7:00pm on Mondays, Wednesdays and Fridays; from 1:00 pm to 7:00 pm on Tuesdays and Thursdays; and

from 9:00 am to 1:00 pm on Saturdays.

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For more information about Jochen Chiropractic & Wellness Center, contact the company here:Jochen Chiropractic & Wellness CenterDr. Stephen Jochen, D.C.310-556-8071jochenmarketing@gmail.com9478 West Olympic Blvd. PenthouseBeverly Hills, California 90212

## 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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