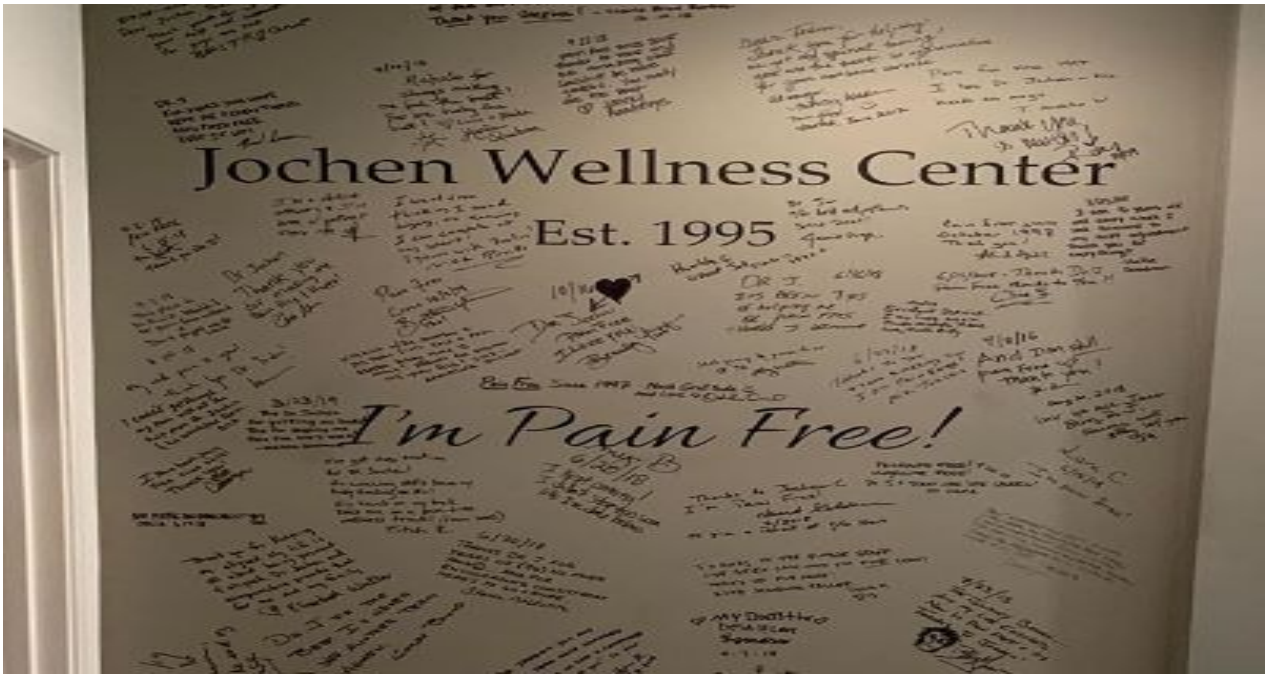


Chiropractor Near Me in Beverly Hills Explains Three-Tiered Approach to Healing

December 01, 2022

Beverly Hills, California - December 01, 2022 -
Jochen Chiropractic & Wellness Center, a holistic and pain-free clinic in Beverly Hills, CA, has explained the three-tiered approach to healing used by the clinic?s team of healing practitioners. It is due to their belief in a diversified strategy towards health and healing that they have developed this three-tiered strategy for healing. After making a diagnosis as to the cause of the pain, the chiropractor near me Beverly Hills residents can depend on, will follow three steps: pain-free treatment methods; correction and recovery; and maintenance program for prevention and wellness.

Dr. Stephen Jochen, D.C. says, ?Chiropractic is a health care discipline which emphasizes the inherent recuperative power of the body to heal itself without the use of drugs and surgery. Each room in our office is thoroughly sanitized for each patient. From chiropractic care to traditional Chinese medicine (TCM), we offer a variety of services to meet our patients' health and wellness needs. And once we?ve diagnosed what?s causing your pain, we will apply the above-mentioned three-tiered approach to help ease the pain and ensure that you?re on the path to true health and wellness.?

The first step in the three-tiered approach is the application of pain-free treatment methods. A combination of various kinds of treatment is used depending on the patient?s specific needs, such: chiropractic adjustments to optimize spinal alignment; physical therapy; and soft tissue massage therapy. Chiropractic adjustment is where chiropractors, who are trained specialists, will apply their hands or a small instrument to apply the appropriate force to a spinal joint for the purpose of enhancing spinal motion and enhancing the body?s physical function. The typical health issues that may be addressed by chiropractic adjustment is low back pain, headaches, and neck pain. Another treatment approach is chiropractic massage where various techniques, such as deep tissue, trigger point therapy, and other soft tissue massage techniques are used to address sports injury, neck pain, lower back pain, headaches, and chronic pain.

When in need of cupping therapy near me Beverly Hills residents can also depend on Jochen Chiropractic & Wellness Center. This is a TCM method that is used to help promote circulation in the body through the suction produced by heated cups. This helps to relieve muscular tension resulting from physical activity or injury.

And finally, after applying a combination of correction and recovery therapeutic methods, the third step is to ensure prevention and wellness. This is essential because daily activities will gradually result into spinal misalignment. The maintenance program that they offer will help in returning the spine back into alignment quickly, thus preventing the problem to worsen and result into chronic pain. Regular chiropractic adjustments, including recommended exercises and treatments, are used to prevent a return to the previous condition and maintain wellness.

Started in 1994, Jochen Chiropractic & Wellness Center is committed to helping patients in attaining their wellness targets through the use of various kinds of skills and expertise that make up the full wellness spectrum, including chiropractic care, cupping therapy, massage therapy, and more. Dr. Stephen Jochen, D.C. heads a group of health practitioners at the holistic chiropractic clinic and wellness center. They develop a personalized holistic path for patients to allow them to enjoy a pain-free lifestyle without having to ingest a lot of prescription drugs or having to undergo invasive surgical procedures. With almost 20 years of experience, Dr. Jochen and his team may be able to help with a broad range of health problems, from lower back pain to carpal tunnel syndrome, by applying various methods, such as chiropractic care, acupuncture, massage, cupping therapy, and more. And they always use a three-tiered approach to healing made up of: prevention and wellness; correction and recovery; and pain-free treatment methods.

When in need of a sports chiropractor Beverly Hills residents can visit the Jochen Chiropractic & Wellness Center website or contact them through the telephone or by 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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