



# intouchchiropractic

## **Intouch Chiropractic Helps Resolve Sciatica Pain Fast in San Diego**

*October 04, 2023*

San Diego, California - October 04, 2023 - PRESSADVANTAGE -

Intouch Chiropractic, a chiropractic clinic in San Diego, CA, helps patients get relief for sciatica pain and other musculoskeletal symptoms, such as lower back pain, through chiropractic care. The sciatic nerve is the longest nerve in the human body, starting from the lower back and branching off into the hip, buttocks, legs, feet, and toes. Sciatica is due to pressure being exerted on the sciatic nerve as a result of a bone spur, bulging disc, herniated disc, or spinal stenosis. Stenosis is a narrowing of the spinal canal in the lower part of the back that results into pressure on the spinal cord or the spinal nerves that connect the spinal cord to the muscles.

Sciatica pain usually occurs on just one side of the body and frequently becomes worse when standing, sitting, walking, and bending the back either backward or forward. In addition, the sciatica pain and other symptoms may also be affected by sneezing, coughing, straining, or laughing. Thus, sciatica can affect daily activities. In addition to the pain, sciatica patients have reported numbness, a tingling sensation, or muscle weakness in the affected foot or leg.

Dr. Devin Young from Intouch Chiropractic states that, "Chiropractic care is effective and safe for sciatica treatment and severe lower back pain relief. When patients have a sciatica episode, they report feeling a sharp, shooting pain in their lower back, and/or a dull ache that feels numb or tingly in their buttock, leg, foot, or toes. Patients also describe this nerve pain as "pins and needles. In extreme cases, patients lose bowel and/or bladder control."

Dr. Young points out that most of the patients they meet have been taking prescription over-the-counter painkillers and muscle relaxants. Unfortunately, such medications are not the long-term solution because they can't resolve a biomechanical issue. Some patients may have used heat, ice, massage, acupuncture, chiropractic, physical therapy, and even Epsom salt baths to relieve the sciatica symptoms. However, the symptoms continue to affect the patient's quality of life. The doctors at Intouch Chiropractic have undergone advanced training to offer sciatica relief to their patients.

At Intouch Chiropractic, patients with sciatica and lower back pain can benefit from DRX9000 non-surgical spinal decompression treatments. This treatment can help stabilize the spine while providing decompression of the affected spinal discs. Non-surgical spinal decompression is a method that slowly relaxes and decompresses the lower back by cycling through relaxation and distraction phases.

Dr. Young explains, "At Intouch Chiropractic in San Diego, our state-of-the-art computerized system is constantly checking and detecting muscle spasms in your body during a treatment. During your session, downward forces of gravity are removed, creating a vacuum effect at the disc level. This vacuum effect promotes the diffusion of oxygen, water, and nutrient-rich fluids from the outside to flow back into your discs."

Intouch Chiropractic is the leading clinic for non-surgical spinal decompression in San Diego. Their doctors have unmatched training in the treatment of sciatica, disc herniations, and disc bulges, utilizing up-to-date MRI analysis and the DRX9000 non-surgical spinal decompression system. This computer-aided spinal treatment program is highly recommended for those who prefer a gentle, non-invasive approach that is fast and highly effective.

Intouch Chiropractic is a boutique-style practice of a husband and wife team of chiropractic doctors who use the most up-to-date methods. The chiropractors in this practice are Dr. Devin Young DC, DCCJP and Dr. Jeanett Tapia, DC, ACP. Dr. Young is a native of Oakland, CA, and obtained his undergraduate degree in Exercise Physiology from UC Berkeley and was recognized with clinical honors for his Doctorate of Chiropractic from Life Chiropractic College West. Dr. Tapia received outstanding honors for her Human Nutrition degree from San Diego State University. She also has a Masters in Education. She earned her Doctorate of Chiropractic from Life Chiropractic College West and finished the post-graduate Academy of Chiropractic Philosophers Program from Sherman College of Chiropractic.

To get help for sciatica and lower back pain symptoms, or to learn more about chiropractic treatment in San Diego, visit the Intouch Chiropractic website for more information.

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For more information about Intouch Chiropractic, contact the company here: Intouch Chiropractic Dr. Devin Young (619) 756-7510 info@sandiegonucca.com 2425 Camino Del Rio S #100 San Diego, CA 92108

## **Intouch Chiropractic**

*Our doctors specialize in NUCCA Spinal Care, DRX9000 Non-Surgical Spinal Decompression, Shockwave and Cold Laser Therapy in San Diego, California. We focus on low back pain, neck pain, sciatica, herniated discs, migraines, headaches and TMJ symptoms.*

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