



# intouchchiropractic

## **Chiropractic Practice in San Diego Offers Relief for Sciatica, Chronic Back Pain and More**

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Intouch Chiropractic, which offers chiropractic care in San Diego, CA, helps patients get relief from sciatica pain. The doctors also help patients get relief for chronic back pain and more. Lower back pain usually results from a herniated disc, spinal stenosis, bulging disc, degenerative disc disease, and facet syndrome. The symptoms may range from mild aches to fully debilitating pain. By applying upper cervical chiropractic care and non-surgical spinal decompression, they provide an all-natural and non-invasive approach for low back pain relief.

Dr. Jeanett Tapia from Intouch Chiropractic says, "After doing a comprehensive physical exam, our doctors will discuss the likely causes of the pain. We will ask specific questions about how often, where, and when the lower back pain occurs."

She adds, "The information we gain from the consultation and exam helps us determine if a patient is a candidate for care in our office. Rather than simply treating the symptoms, our doctors provide a long-term

strategy to not only get the lower back pain relief that a patient is seeking right away but also prevent future spinal decay. We take an upper cervical care approach to care because the alignment of the head and neck plays a large role in how a patient's back feels overall. We correct spinal imbalances by studying the upper neck. Most low back pain symptoms respond favorably to upper cervical chiropractic care.?

For patients with a disc injury, our chiropractors may suggest spinal decompression sessions to help heal the injury. The DRX9000 Non-Surgical Decompression Technology is the gold-standard in decompression and is a non-invasive, non-surgical treatment that requires no downtime and is highly recommended for relieving lower back pain.

The lower portion of the back, which is the lumbar spine, is typically composed of five vertebral bones with intervertebral discs in between the bones. The lumbar vertebrae are connected in the back of the spine with paired faced joints, which enable the person to move freely while also offering stability. Unfortunately, these joints degenerate with age, which weakens the cartilage lining the joint surfaces.

There are a number of ways the lower back can be injured, such as trauma, lifting heavy objects, poor posture, repetitive moves, and engaging in a new activity. Patients at Intouch Chiropractic have experienced substantial improvements with regards to their lower back pain within the first month of care. Their doctors offer a combination of upper cervical chiropractic care, spinal decompression and cold laser treatments.

The doctors at Intouch Chiropractic offer a gentle but powerful method for delivering chiropractic care that is focused on the upper neck. This is because many of the conditions that result into chronic pain may be traced to back injuries in the upper neck. They specialize in lower back pain, sciatica, degenerative disc disease, spinal stenosis, degenerative joint disease. They also help many patients with neck pain, TMJ disorders, headaches, migraines, vertigo, and more.

The chiropractors at Intouch Chiropractic specialize in the National Upper Cervical Chiropractic Association (NUCCA) technique using a very light touch on the neck behind the ear. Their focus is the alignment of the atlas bone because misalignment of this bone in the spine interrupts communication between the body and brain, thus resulting in pain, stress, tension, and health issues. Although the procedure used is focused on the neck, it impacts the body globally.

Intouch Chiropractic is a boutique-style practice of a husband and wife team of chiropractic doctors who apply the most modern techniques. Their chiropractic approach is designed to treat conditions gently and in the proper way. The chiropractors are Dr. Devin Young DC, DCCJP and Dr. Jeanett Tapia, DC, ACP. Dr. Young is originally from Oakland, California. He received his undergraduate degree in exercise physiology from UC Berkeley, and earned clinical honors in his Doctorate of Chiropractic program at Life Chiropractic College West. He later went on to complete the 300-hour post-graduate Diplomate in Craniocervical Junction

Procedures through the International Chiropractic Association. Dr. Tapia represented her undergraduate class as the Outstanding Graduate during commencement for her B.S. in Human Nutrition at San Diego State University. She has also garnered a Masters in Education, and received her Doctorate in Chiropractic from Life Chiropractic College West. She completed post-graduate training through the Academy of Chiropractic Philosophers Program at the Sherman College of Chiropractic.

Patients needing chiropractic care in San Diego for treating chronic back pain or have questions, 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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