



intouchchiropractic

Intouch Chiropractic in San Diego Provides Lower Back Pain Treatment

October 23, 2023

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Intouch Chiropractic, a chiropractic practice in San Diego, CA, is offering chronic back pain treatment in San Diego and neighboring areas. This treatment is being offered to patients who don't want to be dependent on daily medications, whether prescription based or over-the-counter. This is because of the dangers posed by pain medications, including opioid drugs. If taken in the wrong dosage or for a long time, they have a whole range of side effects that can be detrimental to the patient. Many patients that come to the chiropractic clinic are suffering from considerable pain and feel that nothing has worked. Fortunately, Intouch Chiropractic's advanced DRX9000 spinal decompression technology and upper cervical care may help such patients.

Dr. Jeanett Tapia from Intouch Chiropractic explains, "Lower back pain is one of the most common conditions that drives a patient to a doctor's office. Our doctors help many San Diego patients get lasting relief from lower back pain with innovative yet non-invasive lower back pain treatment. We effectively help chronic back pain by resolving misalignment issues of the spine through gentle chiropractic in San Diego."

Many patients believe their back pain resulted from a particular sports or car accident, injury, or trauma. The pain is a result of a herniated disc, facet syndrome, spinal stenosis, degenerative disc disease, and/or a bulging disc. Typical medical treatment consists of prescription pain killers, cortisone injections, physical therapy, muscle relaxants, and NSAIDS.

The symptoms of lower back pain can range from mild aches to fully debilitating pain. In many cases, the severity of the pain will not always match the amount of damage to the discs, bones, soft tissues, and ligaments. In a number of cases, a simple strain may result in debilitating lower back pain that makes it hard to stand or even walk. On the other hand, a disc that has herniated or has fully degenerated may sometimes be painless although it may still be causing damage.

Intouch Chiropractic specializes in upper cervical chiropractic care to provide lower back pain relief. This is a non-invasive, all-natural treatment approach. First, they will conduct a comprehensive physical exam and their doctors will discuss with the patients the causes of the pain they are suffering from. They will ask the patient several questions about when, where, and how often the lower back pain is felt.

They will use the information gained from the consultation and physical exam to determine if the patient can be treated using their approach. The treatment strategy they apply is to offer a long-term strategy for relieving the chronic back pain rather than just treating the symptoms. Dr. Jeanett Tapia explains, "Our doctors provide a long-term strategy to not only get the lower back pain relief that you seek right away but also prevent future spinal decay. We take an upper cervical care approach to your care because the alignment of your head and neck plays a large role in how your back feels. We correct spinal imbalances by studying the upper neck. Most low back pain symptoms respond favorably to upper cervical chiropractic care."

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.

Those who are looking for lower back pain treatment in San Diego can visit the Intouch Chiropractic website at <https://www.sandiegonucca.com/> or contact them via phone or by email.

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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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