



# intouchchiropractic

## **Sciatica Treatment Available At San Diego Chiropractor**

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San Diego, CA based Intouch Chiropractic is urging patients dealing with sciatica to schedule an appointment today for fast relief. The clinic specializes in helping patients that are managing their discomfort with over-the-counter or prescription painkillers as these are only short-term solutions. Learn more about the premier San Diego chiropractor and their services on their website: <https://www.sandiegoucca.com/>.

The sciatic nerve is the longest and largest nerve in the human body. It runs from the lower back through the buttocks and down the legs, ending at the feet. Because of its length and size, any pain that originates in the sciatic nerve can be quite severe and difficult to ignore. This nerve extends from the lower back into the hips, buttocks, legs, feet and toes, and pressure along this nerve can be experienced as pain. The doctors at Intouch Chiropractic diagnose the root cause of the pain before treatment begins. Some of the causes can be a herniated disc, bulging disc, bone spur or spinal stenosis (a narrowing of the spinal canal in the lower part of the back).

Each of these symptoms contributes to the overall patient profile, and each patient's method of treatment is tailored to meet the patient's unique needs. Patients with back pain may not only receive chiropractic

adjustments, but also recommendations for exercise, nutrition, and stress management. This is because Intouch Chiropractic understands that back pain can be caused by a variety of factors, including muscle tension, poor posture, and stress. By addressing all of these factors, Intouch Chiropractic can help patients to achieve lasting relief from their back pain. If patients are looking for a chiropractor in CA who takes a holistic approach to patient care, Intouch Chiropractic can help.

Sciatica pain can range from mild to severe, with many patients expressing that they find it harder to engage in activities of daily living as a result. This is due to the fact that sciatica symptoms can be affected by coughing, sneezing, laughing or straining. Patients may also feel tingling, numbness or even muscle weakness in the affected area. They may resort to the use of painkillers or muscle relaxants as a way to find temporary pain relief.

Intouch Chiropractic has found that patients experiencing sciatica and lower back pain benefit from the DRX9000 Non-Surgical Spinal Decompression Technology. This treatment serves to stabilize the spine while simultaneously treating the spinal discs, gently relaxing and decompressing the lower back by cycling through distraction and relaxation phases.

If patients wish to hear from a former patient who benefitted from non-surgical spinal decompression to regain his mobility and peace of mind, watch Paul's Sciatica Relief with Spinal Decompression online for more.

Other patients have been similarly grateful for the care they received at Intouch Chiropractic. Iris Q. shares, "I am really happy with the service provided by Dr. Young and Dr. Tapia at Intouch Chiropractic. They're super knowledgeable and friendly, and I feel like I'm in good hands with them. I have noticed improved posture and less tension and pain in my neck and back and am hopeful that my adjustments and check ins will continue to improve my spinal health. Lastly, the office staff members are super sweet and personable. They know everyone by name and make patients feel very welcomed! Would highly recommend to anyone needing chiropractic care!?"

Julia G. also says, "Intouch Chiropractic has been wonderful since the first visit! As soon as patients walk in, they are welcomed by Joselyn, who is great with customer service. She is friendly and helpful. Dr. Tapia is professional, kind, caring and gentle. My mom suffers from trigeminal neuralgia, a condition very difficult to treat. However, NUCCA technique has helped tremendously. Thank you, Dr. Tapia, for improving my mom's quality of life. We are so thankful to have found Intouch Chiropractic and will continue to drive over an hour away to receive treatments from you! I highly recommend Intouch for anyone seeking chiropractic care.?"

Those in search of San Diego sciatica treatment may connect with Intouch Chiropractic to get started. Every consultation at Intouch Chiropractic begins with a full analysis of the patient and their condition. This includes a physical examination, a review of the patient's medical history, and a discussion of the patient's symptoms and goals. Once the team has a complete understanding of the patient's needs, they will develop a personalized treatment plan. The treatment plan will be tailored to the individual patient's needs and may include a variety of different techniques.

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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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