



intouchchiropractic

Intouch Chiropractic in San Diego Helps Patient with Chronic Sciatica Find Hope and Relief

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Intouch Chiropractic, a practice in San Diego, CA, has released a video of a patient who had been suffering from chronic sciatica for 19 years and had finally found hope and relief. Chris' sciatica recovery is described in a YouTube video where the patient, Chris Brooks, relates how he immediately felt a huge improvement after his first adjustment at Intouch Chiropractic. Throughout the weeks and months that he visited the clinic, he observed that his progress was steady. Today, he feels grateful for having regained his ability to run again and being able to finally live free from pain.

A spokesperson for Intouch Chiropractic says, "Intouch Chiropractic is located in the heart of San Diego, California. Our doctors get great results for patients with back pain, sciatica, neck pain, and disc injuries among other musculoskeletal conditions. Our clinic has the latest technology including the DRX9000 non-surgical spinal decompression technology, NUCCA spinal care, shockwave therapy and cold laser therapy. Patients can call us if they have any questions."

Sciatica involves the sciatic nerve, which is the longest nerve in the body, starting in the lower back and then branching off to the hip, buttocks, legs, feet, and toes on both the right and left sides of the body. Sciatic pain is typically caused by a bulging disc, bone spur, herniated disc, or spinal stenosis. The pain usually worsens when the patient is standing, sitting, bending backward or forward, or walking. NUCCA chiropractic care has been observed to be one of the safest and most effective forms of sciatica treatment. It may also provide relief for severe lower back pain. Sciatica and lower back pain patients usually benefit from the DRX9000 non-surgical spinal decompression treatment because it helps stabilize the spine while treating the spinal discs.

Their advanced computerized system constantly checks and detects muscle spasms in the body during treatment. The downward effects of gravity are eliminated during treatment to provide a vacuum effect at the disc level. This vacuum effect causes the water, oxygen, and nutrient-rich fluids to flow back into the discs, which offers long-term non-surgical relief from sciatica pain with personalized combinations of treatments.

Intouch Chiropractic also offers treatment for chronic back pain caused by a bulging disc or herniated disc. A herniated disc is a disc that has ruptured because of injury or trauma. They want to emphasize that they don't prescribe medications or injections but instead they offer a long-term strategy not only to offer pain relief but also help patients avoid back surgery. As a result, they have been successful in helping patients suffering from bulging or herniated discs in San Diego.

They provide gentle adjustments to correct spinal misalignments that may resolve various kinds of problems, such as: headaches, vertigo, TMJ dysfunction, shoulder pain, tight muscles, neck pain, low back pain, hip pain, insomnia, numbness, arm pain, and migraines.

The spokesperson says, "Even if you have not experienced results with other treatments, please know that many San Diego patients have finally obtained relief from back, neck, and sciatica pain with NUCCA Spinal Care and our state-of-the-art spinal decompression technology."

Intouch Chiropractic is a boutique-style practice with a husband-and-wife team of chiropractic doctors who specialize in the most advanced techniques. They utilize gentle, non-invasive methods that treat conditions without medications, injections or surgery. Their focus is NUCCA upper cervical chiropractic care, non-surgical spinal decompression therapy, laser therapy and shockwave therapy. Dr. Devin Young, DC, DCCJP obtained his undergraduate degree in Exercise Physiology from UC Berkeley. He received clinical honors through his Doctorate of Chiropractic training at Life Chiropractic College West, and is also Level 2 Certified in NUCCA Procedures and Protocols. Dr. Young successfully completed the challenging 300-hour post-graduate Diplomate Program in Craniocervical Junction Procedures (DCCJP) through the International Chiropractic Association. Dr. Jeanett Tapia, DC, ACP represented her class as the outstanding graduate for her BS degree in Human Nutrition at San Diego State University. She also holds a Master's in Education, and

earned her Doctorate of Chiropractic from Life Chiropractic College West. She completed the post-graduate Academy of Chiropractic Philosophers Program from Sherman College of Chiropractic.

When looking for relief from sciatica or back pain San Diego residents can 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

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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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