



# intouchchiropractic

## **Intouch Chiropractic San Diego Offers Sciatica Relief With Spinal Decompression**

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San Diego, CA based Intouch Chiropractic would like to reach out to local residents who are looking for a conclusive answer for their sciatica pain. The chiropractic care center offers a range of services aimed at providing relief from pain caused by a variety of issues, including sciatica.

Intouch Chiropractic recommends spinal decompression as a top method to address sciatica. Their team provides this treatment, known for effectively alleviating this type of pain and discomfort.

“If you’re suffering from chronic lower back pain and other issues, you know how difficult it can be to get lasting relief,” says Intouch Chiropractic. “Even if you have tried multiple therapies in the past and none of them worked, you don’t have to keep living with the discomfort. At Intouch Chiropractic in San Diego, our team’s primary goal is to provide a long-term solution for your concerns. We empower you to optimize your well-being by taking the necessary steps to heal and prevent damage to your spine with spinal decompression in San Diego.”

Neck and back pain can hold a person back from enjoying their favorite activities, particularly those requiring a lot of physical activity. Gardening, sports, walking and even socializing can all be affected by sciatica symptoms. Feeling uncomfortable in one's own body is a serious issue that impacts the lives of thousands of people. What many of them may not know, however, is that this pain is often caused by issues that are easily treated with the right tools and expertise.

At Intouch Chiropractic, they use the DRX9000, a non-surgical spinal decompression system. It is safe, non-invasive and offers significant results with almost zero recovery time.

Spinal decompression is the process of slowly relaxing and stretching a patient's spine by cycling through multiple phases (involving distraction and relaxation). During a decompression session, the downward pull of gravity is removed while therapy phases create negative pressure around the spinal discs, drawing them back into place. The cycles also cause water, oxygen and nutrient rich fluids to flow into the patient's spinal discs, which also helps with the process of healing damaged and torn disc fibers.

The procedure is FDA-cleared, gentle and painless. When done within established safety protocols, spinal decompression is risk-free and effective, making it an excellent choice for anyone looking for relief from neck and back pain. Many of Intouch Chiropractic's patients have found rapid relief after undergoing the treatment, and Intouch Chiropractic is always looking to help more people achieve similar results through gentle, noninvasive means.

Intouch Chiropractic is among the top chiropractic clinics in San Diego for non-surgical spinal decompression. The clinic's team has years of experience and in-depth training which allows them to treat disc bulges, disc herniations, spinal stenosis and more. They pride themselves on using the best and latest technology for all their procedures. This extends to a number of treatments in addition to spinal decompression, such as shockwave therapy and laser therapy.

"Most of our patients report significant improvements in their symptoms within the first month of spinal decompression care at our clinic," the clinic says. "This is true even for those who have not had success with spinal decompression treatment at other doctors' offices. Our comprehensive spinal care program requires no downtime and is a safe, gentle, and effective alternative to neck and back surgery. Patients often tell us that their symptoms have not improved even after weeks or months of taking muscle relaxants, painkillers and/or undergoing a series of cortisone injections."

They continue, "Our doctors provide patients with a combination of upper cervical chiropractic care and

spinal decompression therapy with high success. We see significant improvements in patients suffering from bulging discs, herniated discs, spinal stenosis, sciatica, neck pain and back pain. In most cases, the improvement of symptoms is so significant that patients can return to a more active lifestyle within weeks!?

Learn about Paul's sciatica relief with spinal decompression online. Intouch Chiropractic provides various chiropractic services, details of which are available on the clinic's website.

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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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