



intouchchiropractic

Back Pain Treated At San Diego Chiropractor

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Intouch Chiropractic, based in San Diego, CA, is reaching out to local residents who are dealing with short-term or long-term back pain. The clinic employs a range of holistic methods to alleviate back pain, with a strong emphasis on assisting those with chronic conditions.

Chiropractic care is a natural field of healing that focuses on identifying and treating mechanical disorders of the musculoskeletal system. Frequently, such ailments arise within the spine, causing discomfort that prevents patients from living life on their own terms or without pain.

Even though some patients believe surgery is the only solution for persistent back pain, chiropractic care presents a non-invasive and medication-free alternative. This makes it an effective and attractive treatment option for those who are looking for a way to alleviate their back pain without experiencing the risks or drawbacks commonly associated with conventional options.

According to the clinic, chiropractors use a variety of techniques that treat back pain, and one of the most commonly used of these is spinal manipulation. A chiropractor uses their hands to adjust the spine. Some

also use state-of-the-art technology to alleviate back pain and related symptoms. The objective of chiropractic is to restore proper alignment in the spine, thus improving mobility and reducing pain. In many cases, patients benefit from pain reduction or pain elimination.

Restoring spinal balance takes the pressure off the nerves, muscles and other tissues in and around the area in question. Since chiropractic care is holistic in nature, a practitioner would further consider the patient's medical history and a range of other factors when developing their treatment plan. This helps uncover the root cause of the patient's pain and discomfort. This allows for a more targeted and precise treatment recommendation.

Intouch Chiropractic states that many lifestyle choices can contribute to a reduction in quality of life, range of motion, and mobility. To address this, they actively work with patients and help them assess current lifestyle practices. After obtaining this information, the concerned person will be empowered to make better decisions regarding their everyday routines, including exercise and dietary habits.

Of course, the clinic's skilled staff will be happy to offer guidance in this regard too. Many patients also come to Intouch Chiropractic for help with sciatica pain. The clinic explains that this type of pain is caused by compression or irritation of the sciatic nerve, which can be of some concern as it is also the largest nerve in the human body. As with other conditions, chiropractic care aims to alleviate sciatica pain by addressing the underlying causes. Chiropractic also promotes natural healing in the body.

Sciatic pain is caused by a variety of factors, such as a herniated disc, bulging disc, bone spur, and spinal stenosis (an abnormal narrowing of the spinal canal). The sciatic nerve begins in the lower back and branches off into both sides of the lower body, extending through the hip, buttock, leg, foot and toes. Sciatic pain usually occurs in only one side of the body, and it may be exacerbated by everyday tasks, even those as mild as sitting and walking.

Intouch Chiropractic utilizes a specialty technique within chiropractic care, known as NUCCA chiropractic treatment, to address sciatic pain quickly. Those who undergo this treatment will note that NUCCA adjustments focus on a relatively small portion at the back of the neck, but the clinic says a misalignment here can often have dramatic consequences in a patient's entire spine.

Anyone looking for back pain or sciatica treatment in San Diego may contact the team at Intouch Chiropractic today to get started. Every healing journey at the clinic begins with a full consultation, and all questions and concerns are addressed at this time. The clinic can be reached over the phone, via email and through social media.

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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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