



intouchchiropractic

San Diego Chiropractor Treats Sciatica

January 24, 2024

San Diego, California - January 24, 2024 - PRESSADVANTAGE -

Intouch Chiropractic, based in San Diego, CA, is reaching out to local residents who are suffering with sciatica and other forms of chronic pain. As a leading chiropractic clinic, the doctors at Intouch Chiropractic provide a holistic healing approach making sciatica relief possible for their patients.

Pain is a debilitating condition that affects millions of people worldwide. From chronic back and neck pain, to migraines and joint discomfort. Pain can significantly impact an individual's quality of life. Traditional medical treatments often involve the use of pain medications, which can have adverse side effects and may not even provide long-term relief. This is where Intouch Chiropractic comes in, offering a drug-free approach to pain management and treatment.

Sciatica is a debilitating condition. The sciatic nerve is the longest and widest nerve in the human body, running alongside the hip joint and down the lower limbs (on either side). Also known as the ischiadic nerve, it extends from the low back to the foot, and the root of many problems can be found along the sciatic nerve.

Intouch Chiropractic explains that the sciatic nerve can become vulnerable to pressure, which in turn can be

caused by a number of conditions. For instance, a patient may experience pain on one side of their body (exacerbated by relatively simple actions, such as walking and sitting) if they have a herniated disc, bulging disc, bone spur or spinal stenosis.

A patient who finds themselves in this position may assume that they will need either painkillers or invasive surgical treatments to correct the issue, but this is not necessarily the case. Intouch Chiropractic states that many non-surgical, non-invasive and holistic treatments can be tried first ? with a high degree of success. Instead of relying on conventional methods, a patient can benefit from talking to their local chiropractor for a more comprehensive approach.

The clinic utilizes a special type of chiropractic care to improve the condition of patients who are suffering from sciatica pain. Known as NUCCA chiropractic care, this approach is famous for being both safe and effective. It is also exceedingly gentle, utilizing the mildest of pressures to realign the spine and bring an end to a patient's suffering.

In traditional chiropractic care, various techniques for spinal manipulation are used. With NUCCA chiropractic care there is no popping, cracking or twisting of the spine. NUCCA chiropractic care focuses on aligning the spine by using math to get a patient's head on straight over their body. Patients will notice a distinct difference in their chiropractic sessions, as NUCCA spinal care avoids the traditional pops and cracks, focusing on precision and gentleness to provide fast relief, ensure maximum recovery, and achieve long-lasting results.

Intouch Chiropractic is also a leading expert in non-surgical spinal decompression (NSSD) therapy in the San Diego area. Using the DRX9000 technology, patients get effective sciatica relief with NSSD. The best part of non-surgical spinal decompression is that it doesn't require any downtime, and patients can go back to work immediately. The relief that many sciatica patients experience helps them get back to work and back to exercising with less or no pain and symptoms.

The clinic excels in treating all kinds of pain. However, one of the most common is back pain. They have and continue to address chronic low back pain (caused by poor posture or sedentary lifestyles), acute pain (resulting from injuries or accidents) and more. By realigning the spine through spinal adjustments patients can expect improved joint mobility, reduced inflammation, alleviation of muscle tension, and ultimately relieving pain.

Their commitment to uncovering the best techniques to treat their patients has led the clinic to become the preferred destination for many who place their trust in chiropractic care. The doctors at Intouch Chiropractic in San Diego have extensive experience helping patients suffering with sciatica. You can watch one of the clinic's success stories here: [Paul's Sciatica Relief with Spinal Decompression](#).

More information can be found on the clinic's official website and social media platforms. Patients can also schedule an appointment over the phone by contacting the clinic directly.

###

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.

Website: <https://www.sandiegonucca.com/>

Email: info@sandiegonucca.com

Phone: (619) 756-7510



intouchchiropractic