

Intouch Chiropractic Is Offering Long Term Solutions For Chronic Back Pain In San Diego

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Intouch Chiropractic, a chiropractic care clinic based in San Diego, CA, is offering lower back pain treatment using tailored long-term solutions.

Lower back pain is one of the most common conditions that affects patients of all ages. According to some estimates, up to 66% of the population will experience severe back pain at some point in their lives. Many patients suffer from back pain after an injury such as a auto or sports accident or trauma which can cause several conditions such as a bulging disc, herniated disc, spinal stenosis, facet syndrome, and degenerative disc disease. Other reasons include repetitive motions, poor posture, trying a new activity, or heavy lifting.

Dr. Jeanett Tapia, DC, ACP, from Intouch Chiropractic says, "The symptoms can vary from mild aches to completely debilitating pain. Interestingly, the severity of the pain does not always match the damage to the bones, discs, ligaments, and soft tissues. For example, sometimes a simple strain can cause debilitating lower back pain that makes standing up or walking extremely difficult. In other cases, a disc can be herniated or completely degenerated but still be completely painless, though it is still causing damage."

Individuals suffering from back pain often turn to over-the-counter or prescription-based medications for temporary relief. However, painkillers and muscle relaxants only cover up the symptoms without addressing the root cause of the problem. Moreover, the medications also pose inherent risks such as addiction, especially if they are taken over long periods of time or in the wrong dose. They also completely bypass correcting the alignment of the head and neck, a factor that plays a large role in how the back feels. Thankfully, Intouch Chiropractic has an all-natural approach to addressing chronic lower back pain.

Dr. Devin Young, DC, DCCJP, from Intouch Chiropractic elaborates on the clinic's lower back pain treatment regimen by saying, "We treat patients with our state-of-the-art DRX9000 spinal decompression technology and upper cervical care. It is a non-invasive, drug-free treatment that helps relieve back pain caused by

herniated or degenerative discs, sciatica, and other spinal conditions. The therapy involves gently stretching the spine to alleviate pressure on the affected discs, allowing them to heal naturally over time. According to our observations, patients undergoing DRX9000 therapy demonstrate significant improvement in their pain levels, mobility, and overall quality of life.?

The innovative device consists of a padded bed, a computerized control system, and a set of harnesses to secure the patient during treatment. The patient lies on the bed, and the harnesses are attached to the DRX9000's computer-controlled pulleys. Then, the pulleys gently stretch the spine, creating negative pressure within the discs and promoting healing. The therapy requires no downtime, allowing patients to return to their normal activities quickly. It is generally considered safe, has few side effects, and is cost-effective for patients with chronic back pain.

Many patients are grateful to the Intouch Chiropractic doctors for their long-term treatment solutions. One review states, ?I came into Intouch in February with a herniated disc. I was in a lot of pain and at times could hardly move. They came up with a treatment plan for me. I am now in a lot less pain and can move around a lot better. I still have some physical limitations but each time I go in and come out I feel a little bit better. I'm getting married on May 21st. In December I didn't think I would be able to dance at my wedding. Now I know I can. I can't recommend Intouch enough. The staff is really friendly and the doctors know what they are doing. If you have any kind of back issue or have a need for a chiropractor, I highly recommend them.?

The full range of chiropractic treatments offered by Intouch Chiropractic includes NUCCA chiropractic, chiropractic care, spinal decompression, laser therapy, MLS laser therapy, and shockwave therapy. The clinic's treatments can help patients recover from a wide range of conditions such as chronic back pain, concussions, degenerative disc disease, headaches, herniated/bulging discs, migraines, neck pain, pinched nerve, sciatica, spinal stenosis, TMJ disorders, and vertigo.

Readers looking for sciatica treatment in San Diego can find out more about Intouch Chiropractic by contacting it at (619) 756-7510.

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For more information about Intouch Chiropractic, contact the company here: Intouch Chiropractic Dr. Devin Young (619) 756-7510 info@sandiegoucca.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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