Arrowhead Clinic Discusses What Inflammation Is and How Chiropractic Care Can Help Manage It

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Arrowhead Clinic has put out an informative blog post to help people understand inflammation and how chiropractic care can help manage it. The blog, written by Dr. Summer Turner, explains that inflammation is a natural response of the immune system to injury or infection. It's a protective mechanism that helps the body get rid of harmful things like toxins, bacteria, and viruses.

Acute inflammation is usually short-term and goes away once the body heals. Signs of acute inflammation include swelling, dilated blood vessels, pain, heat, and redness. But inflammation can become problematic when it shifts from being short-term to chronic. Dr. Turner points out that chronic inflammation happens when the body's healing process isn't complete, leading to a prolonged inflammatory response. This can be due to many factors like chronic exposure to toxins, poor nutrition, repetitive injury, or ongoing stress.

Chronic inflammation can cause serious health problems if it's not managed. Dr. Turner notes that it can lead to long-term conditions such as cardiovascular disease, colitis, and even neurological diseases like Alzheimer's and Parkinson's. Understanding and managing inflammation is therefore very important.

The blog details how chiropractic care can help manage inflammation. According to Dr. Turner, chiropractic treatments can realign the vertebrae in the spine, which reduces pressure on the nerves and promotes a healthy nervous system. This can lower the production of neuropeptides, which cause inflammation. Chiropractic adjustments also help reduce cytokine production. Cytokines are proteins that manage immune system cells and can cause serious inflammation if they build up too much.

Besides chiropractic adjustments, Dr. Turner suggests lifestyle changes to fight inflammation. These include following an anti-inflammatory diet, exercising regularly, and keeping a healthy weight. Such changes can significantly reduce both acute and chronic inflammation.

"Understanding the difference between acute and chronic inflammation is key for effective management," said Dr. Turner. "Our goal at Arrowhead Clinic is to give our patients the tools and treatments they need to stay healthy and reduce chronic inflammation."

Arrowhead Clinic has over 40 years of experience treating various musculoskeletal injuries and pain symptoms. They offer a range of services, including chiropractic care, physical therapy, massage therapy, decompression therapy, and corrective exercises. These services are designed to help patients restore or improve their physical abilities, relieve pain, and promote overall wellness. Interested individuals can visit their website for more details about their services.

For those looking into chiropractic care, it involves manual manipulation of the spine to restore and maintain optimal communication from the brain to the body. This process effectively addresses subluxations, or spinal misalignments, enhancing overall body health and range of motion. Regular chiropractic adjustments can significantly reduce pain and prevent various ailments.

The clinic also focuses on treating injuries from auto accidents, sports activities, and workplace incidents. As a personal injury chiropractor, Arrowhead Clinic offers treatments that target the specific needs of patients dealing with these types of injuries. Dr. Turner highlights the importance of getting prompt medical treatment after an accident to ensure proper care and documentation for potential personal injury claims.

Arrowhead Clinic also provides a complete rehabilitation program that addresses both the musculoskeletal and nervous systems. They use modern equipment and up-to-date treatment methods to create personalized care plans for each patient. Their approach aims to improve strength, flexibility, endurance, and balance, which helps prevent future injuries and enhance overall health.

Dr. Turner?s blog post offers valuable information on inflammation, making it a helpful resource for patients and the general public. She ends by encouraging readers to consider chiropractic care as an effective way to manage inflammation and boost overall health.

For those interested, the full blog post is available on the Arrowhead Clinic website. The blog goes into detail about the causes and effects of inflammation and provides tips for reducing it.

"Our commitment to patient education is clear through our blog and other resources," added Dr. Turner. "By offering comprehensive information, we want to empower our patients to make informed choices about their health."

To learn more about Arrowhead Clinic and the services they offer, visit their official website. You can also read the full blog post to get a deeper understanding of inflammation and how chiropractic care can help manage it.

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Arrowhead Clinic Chiropractor Atlanta

At Arrowhead Clinic in Atlanta, our Cascade Rd location specializes in treating personal injuries for 48 years and is a leader in the field. By utilizing chiropractic and Medical Doctors, we are able to treat your injuries with care and precision.

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