

What is chiropractic? Chiropractic is the practice of detecting, and correction spinal subluxations in the spine. A subluxation occurs when the vertebra is out of normal alignment. When this occurs, the mobility of that segment can be restricted, muscles attaching to that vertebrae can be tight and tender, and the communication along the nerves at that level are inhibited.

Subluxation Creates Disruption in the Nervous System

Subluxation is a serious issue for children, adults as well as athletes . From birth, young bodies are subjected to stresses that can interfere or distort controlling nerve impulses between brain and the body . Stresses from birth, pulling, twisting, and forces while going through the birth canal, can produce subluxations in the newborn's spine, affecting their nervous system and inhibiting the health potential of the child. As children grow, spinal subluxations can occur through playing , jumping, falling, all the common activities of normally active children. Adults can develop subluxations from similar activities , physical impacts from falls, playing sports, postural stresses like sitting at a computer, looking at phone with head bent forward, lounging on the couch, and chemical stresses to the body through diet, medications, alcohol.

Only a chiropractor can tell if a body is subluxated, and only a chiropractor can remove the subluxations that are inhibiting the nervous system . Regular chiropractic adjustments can restore the integrity of the nervous system, leading to a healthier body , and allowing you to reach your optimal potential.

Aches and Pains can be Symptoms of Subluxation

Back Pain

Living with persistent back pain can be quite a nightmare, especially for. People who enjoy staying active. In many cases the pain is non specific, which means that the discomfort cannot be linked to a specific primary cause. Experienced chiropractors can identify and eliminate the main causes of stubborn upper and lower back pain after learning about their patient's medical histories, specific problems and concerns, lifestyles, occupations and several other key factors that may be connected to back problems and their solutions.

Headaches

you know the feeling: throbbing, blurred vision, pressure behind the eyes. You know what it feels like coming on-that creeping tightness above your temples, or the stiffness at the base of your skull. They're never fun, and can majorly impact your day. Some people suffer from chronic tension headaches, or routine migraines. The truth is, a major headache can stop you in your tracks. Subluxations can often be the cause of headaches, and chiropractic adjustments are an effective treatment to relieve headaches.

Neck Pain

Neck pain and tightness, decreased and painful motion, pain radiating across our shoulders or into the arms or hands, can be debilitating . Postural stresses from sitting at a computer, sleeping, repetitive motions, carrying children, as well as emotional stress can contribute to neck and upper back pain and associated misalignments, or subluxations, of the spine. Chiropractors are trained to detect and correct those misalignments, providing relief from that pain.

Contact Us

You don't have to suffer or "put up" with pain and discomfort in your body. Don't let common aches and pains keep you from enjoying life and living to your best potential. We use a holistic approach to your care to address the root cause of your condition, and put you on the path to total health and wellness. Call us today at (208)720-3023 to make an appointment for your initial Health Assessment .