

## **Chiropractic Care**

We offer advanced spinal correction by using state-of-the-art chiropractic techniques. Never, in the history of chiropractic care, have we been able to offer the levels of expertise and help. These newer correction methods are far more effective, more comfortable, and even safer than before. Dr. Rob Lewis and Dr. Kevin Lewis, as Doctors of Chiropractic, have years of experience and training in adjusting the spine.

### **Chiropractic Care**

Chiropractic Care refers to a health profession that treats neck pain, joint problems, back pain, strains, sciatica, herniated discs, sprains, osteoarthritis, and other musculoskeletal MSK issues. Traditionally, a Chiropractor relies on a realm of manual therapies, including spinal mobilization and manipulation in order to provide pain relief and improve function for patients. Most often, Chiropractors do not prescribe surgery or drugs.

Doctors of Chiropractic are not limited to manipulation of the spine, even though adjustments of the joints and vertebrae are commonly associated with this profession. There are a wide variety of evidence-based chiropractic treatments available, including but not limited to the use of physiologic therapies including electrical nerve stimulation, traction, and ultrasound. Additional parts of modern chiropractic care include incorporating postural programs and nutrition with an exercise routine.

### **Chiropractic Adjustment**

A chiropractic adjustment is also called manual manipulation, chiropractic manipulation, or spinal manipulation. Having an adjustment is a common therapeutic treatment for lower back pain. A chiropractic adjustment is when the Chiropractor applies manipulation to the vertebrae that fail to function normally or those that have abnormal movement patterns. The main goal of this chiropractic treatment is to increase the range of motion and improve functioning for the patient by reducing nerve irritability and subluxation.

### **Chiropractic Adjustment Description**

Typically, a chiropractic adjustment involves: A relieving sensation for the patient the majority of the time, though, some people have reported minor discomfort that usually lasts for a short duration. This often happens if the surrounding muscle tissue is in spasm or if the patient happens to tense up during their treatment. Some patients experience an accompanying joint cavitation or audible release of gas. This noise is caused by the release of nitrogen, oxygen and carbon dioxide which releases pressure in the joint or cavitation. Lastly, many treatments include a high velocity, short lever arm thrust applied to the vertebra.

### **Spinal Manipulation and Manual Manipulation**

Manual manipulation and Spinal Manipulation from a Chiropractor refers to a short lever arm thrust that is applied to vertebra in abnormal position in order to restore range of motion in the back, reducing nerve irritability and improving overall functionality. These are the goals of a chiropractic adjustment. It may take multiple visits to have the muscles and bones hold their correct position, depending on how long a person has been "out of alignment" and how much the surrounding muscle tissue may have overcompensated. Patients typically report relief after their visit.

### **Mobilization**

Chiropractic mobilization refers to low velocity manipulation. The stretching and movement of the joints and muscles is done with the goal of increasing the range of motion in those places that are stiff and sore.