

Benefits of Chiropractic Care

Adjust your thinking and your health.

Join the millions of Americans who have not only found relief from back pain, but also a pathway to wellness with chiropractic's natural, drug-free approach to healthcare.

Your spinal column, made up of 24 independent vertebrae, is what allows your body to move, twist, and bend through every motion of your busy day. It also encases and helps protect the delicate central nervous system that controls and coordinates every muscle, tissue and organ of the body. This is why we believe the first step to an active lifestyle is a properly functioning spine.

When two or more vertebrae aren't functioning together properly, it is what many chiropractors refer to as a subluxation or a misalignment. These subluxations are actually joint dysfunctions that can cause you to experience pain, discomfort, decreased mobility, or many other symptoms and conditions. Joint dysfunctions often go unnoticed and can cause miscommunication between your brain and body.

Joint Dysfunctions in the spine may eventually lead to symptoms in other parts or joints of the body as well. These symptoms are your body's only way of letting you know something is wrong. Unfortunately, the absence of pain is not an indication of health. By the time pain and symptoms appear the problem may have been present for months, even years. The great news is that you can help prevent these types of symptoms and conditions with routine chiropractic care.

Benefits of routine chiropractic care may include any of the following:

- Improved Nerve Communication in the Body
- Improved Joint Motion and Coordination
- Improved Physical Function and Performance
- Improved Posture

- Relief from Back and Neck Pain
- Relief from Leg, Knee, Foot and Ankle Pain
- Relief from Arm, Wrist, Shoulders or Elbow Pain
- Relief from Stress and Tension Disorders

- Relief from Joint Discomfort
- Relief from Bursitis
- Relief from Arthritis
- Relief from Chronic Injuries

Our licensed chiropractors promote ongoing wellness by improving spinal and joint function often resulting in a healthier, more active lifestyle. With regular adjustments, chiropractic offers a host of preventative health benefits, and is vital for keeping your body balanced, flexible and functioning at its best. Everyone, from growing children to active seniors, can benefit from regular chiropractic care. With our convenient locations, extended hours, no appointments policy and affordable wellness plans, choosing chiropractic care for the health of you and your family has never been easier.

Did You Know?

Back pain is the second most common neurological ailment in the United States - only headache is more common.