

I have neck and back pains? What can I do?

Chiropractors are well trained in diagnosing and treating back and neck pain. There are many causes and reasons for these aches and pains. The chiropractor will take a case history and complete a thorough chiropractic examination. Orthopedic and neurological tests, ranges of motion, palpation of the vertebral joints and sometimes x-rays are standard procedures practiced within the doctor's office.

After this your chiropractor will explain the cause and nature of your problem to you and will then discuss treatment. Treatment consists of specialized chiropractic adjustments, diet, exercise, stretches and lifestyle changes where indicated.

Remember, a well aligned spine enhances the body's health.