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Chiropractic Care in Savannah, Ga Instead of Surgery

Surgery for back pain relief after a car accident should only be considered as a last resort when all other methods have failed. Chiropractic care can be better than surgery since it is much less invasive, cheaper, and poses much less risk. There is also no recovery time that causes the patient to miss work, school or other activities. Both children and adults benefit from this natural healing method.

What Causes Back Pain?

In addition to car accidents, back pain can result from disease, arthritis, heavy lifting, or how a person walks or sits. Chiropractic treatment helps the body heal itself by reducing the pressure and pain on nerves and muscles. Sessions may make a person slightly sore, but most patients feel very relaxed as they experience a reduced level of discomfort or pain.

Chiropractic Care in Savannah after an auto accident

Chiropractic adjustments after a car accident realign vertebrae and release pinched nerves. This manipulation is achieved while the patient is lying face down or sitting on a unique table or chair. Specialized hand-held equipment or the doctor's own hands accomplish the desired results. Traction may also be used to reposition misalignments and relieve pressure gently.

Muscle stimulation uses electrical impulses to wake up nerves that are numb or not as responsive as they should be. Soft tissue manipulation massages relax and stretch muscles and joints to reduce pain and discomfort. This method works out any hard knots caused by tight muscles.

Acupuncture is the art of healing that has been used by the Chinese for centuries. This method inserts needles in areas experiencing pain to stimulate nearby nerves. This procedure returns the healthy flow of energy throughout the body by promoting the release of endorphins to block pain and serotonin to improve the patient's mood and outlook. Adjoining pathways connect hundreds of acupuncture points within the body.



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Back pain is witnessed when these pathways are blocked by inflammation or tightness. Many patients find this is an effective alternative to prescription pain medication.

Untreated back pain after a car accident can lead to headaches, lack of sleep, vertigo and further health issues. Before heading to the operating table after your car accident, sufferers should turn to chiropractic care. Many one-time disbelievers have had their opinion changed after just a few visits to their local chiropractors. The patient's quality of life is improved, and they often return to maintain their positive well being.

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