

# CHIROPRACTIC CAN HELP

Learn more about what  
chiropractic care can do for you.

## NECK/BACK PAIN

Neck and back pain are common complaints and are often the result of poor posture, whiplash, or even stress. Even a simple fall or sports injury are enough to cause a sprain or compress a disc. If you are experiencing neck or back pain that won't seem to go away, chiropractic treatment may be your solution.



## HEADACHES

Many different factors can be the cause of headaches and migraines. Often times they are caused by tension in the muscles of the upper back and neck. Chiropractors are trained and experienced in determining if your spine may be contributing to your headaches.

## RADICULOPATHY

Spinal pain and stiffness can often lead to disc herniations and other nerve problems over time. When your spine suffers chronic pain and stiffness it tends to decrease in height and irritate the nerves that travel through your back. Our doctors treatments work to decompress and mobilize the spine to relieve nerve irritation such as sciatica and arm pain.



## PREGNANCY

Pregnancy is a time filled with incredible changes that lead up to one of life's most exciting experiences. All of the physical changes can mean stress on the mom leading to pain during pregnancy and birth. Regular chiropractic checks can maintain balance in your spine and pelvis leading to an easier pregnancy and birth.