



Family Chiropractic & Spinal Health Care Center



Manage Your Back Pain Without Surgery



Doctors report that back pain is one of the most common medical complaints they hear in the field. Affecting the upper, mid or lower region, back pain is often the result of a tissue or muscular injury caused by either a traumatic event—a fall, sport’s injury, helping a friend move— or some sort of repetitive stress— sitting day after day in the same chair without proper back support, for example. Degenerative disc disease and arthritis can also wreck havoc on the back. But before turning to a surgeon, a chiropractor can be your first line of defense, and relief. Through

hands-on spinal manipulation, also known as a Chiropractic Adjustment, a chiropractor works to put a patient’s musculoskeletal structure back into proper alignment. Focusing on the source of the problem, a chiropractor aims to improve overall functionality and range of movement while reducing nerve irritability, in other words, that nagging pain you’ve been experiencing.

Additionally, your chiropractor may recommend one or some of the following courses of treatment:

- **Physical therapy modalities.** Ultrasound, electrical stimulation and traction equipment can be used to reduce pain and inflammation.
- **Pelvic stabilization.** If the cause of your back pain is flat feet, your chiropractor may place a small heel lift in the shoe or prescribe corrective arch supports to help stabilize the pelvis.
- **Exercises.** Your chiropractor can teach you stretching and strengthening exercises which have been shown to decrease pain while increasing range of motion.
- **Ergonomics.** How you stand or sit, especially if you are doing either for long stretches on a regular basis, can be the root of your back pain. Or at the very least, these habits can make the problem worse. Your chiropractor can counsel you on this and make recommendations for improvements.
- **Patient education.** Even small modifications to diet and/or lifestyle can have a big impact. Your chiropractor will treat your back pain from a holistic perspective empowering you with the tools and knowledge you need to get on the road to relief.

What People Are Saying...

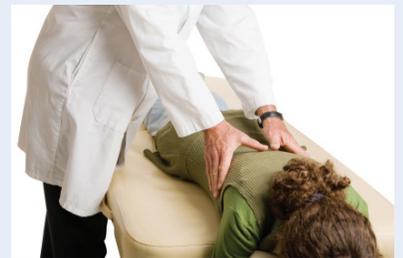
Read more testimonials at www.familychiropractornj.com

“ I started going to Family Chiropractor & Spinal Health Care Center about a year ago because I was having lower-back and neck pain. They are always able to fit me in if I am in any kind of pain, and I always feel better when I walk out. Dr. Abtahi is always willing to explain everything he is doing to me and he is very knowledgeable. Also, he takes his time, which is the most important thing for me. He is willing to spend any amount of time to make you feel better. ”

– Jamie B.

What is a Chiropractic Adjustment?

The way we move, the things we do and sometimes even the way we’re made can all cause the bones of our spine, the vertebrae, to move out of position. These wayward vertebrae apply pressure to nerves resulting in inflammation and pain.



A Chiropractic Adjustment aims to unlock each vertebrae from their incorrect position through the application of gentle pressure so that they’re able to align themselves correctly. Your chiropractor has been schooled in numerous adjustment techniques and will select the right one for your particular condition.

Call Family Chiropractic
& Spinal Health Care
Center for your
evaluation today!
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