



Family Chiropractic & Spinal Health Care Center



Start the Summer Pain Free!



Winter is finally over, warm weather is on the way, and you're ready for all of your favorite outdoor activities. It's important to make sure that your body is ready too. It may need some fine-tuning before you start participating in summer sports or working in the garden.

Proper exercise techniques will help get your body ready for summer fun. After a winter of inactivity, this is important so you don't strain or hurt yourself. And if you still have any aches or pains from shoveling all of last winter's snow, it's time to take care of that as well.

Before you head outside for your summer activities, check-in with us. We can help you develop a good exercise program and can make sure your body is in proper balance. Don't risk spending summer fun time inside nursing a sore back or dealing with other problems. Visit either our Ramsey or Passaic office and make sure you and your body are ready for summer.

Make an appointment today for a healthy, pain-free life. Remember that we treat everyone, from babies to seniors. Don't let pain stand in the way of enjoying your life.

What People Are Saying...

Read more testimonials at www.familychiropractornj.com

“From tears to smiles... I will never forget the excruciating pain as if someone had literally stabbed me in the back and tears falling down my cheeks. But with great referrals from friends, I called Dr. Abtahi's office with no hesitation. Melissa was so helpful and had me come in immediately. Dr. A. saw me right away and could see how much pain and discomfort I was in. He was determined to make me feel better by the end of that first visit. The amount of time and care he provided me with was astounding! On that day and throughout all my treatments at Spinal Health Care, I was treated as if I were family by the whole staff. The love this man has for his work is exceptional and greatly appreciated. He has so much to offer in his office and can treat pretty much any problem. I had doubts that I wouldn't be able to be active again, dance or take or teach Zumba because of low back pain. But after only a few treatments from Dr. A., I was able to perform normal daily activities and within a month saw great success and was able to do just about everything I love. My frowns had turned upside down, and I am still smiling, enjoying my life pain-free! Thank you Dr. A. for all your hard work, patience, dedication and commitment to making people feel great!

– Rachael F.



How to Live Pain-Free?

Do you suffer from backaches, a sore neck or headaches? Did you know that a visit to the chiropractor can help take care of these problems so you can live pain free?



Chiropractic care is a safe, effective alternative to surgery and drug treatments for many common conditions like headaches, neck pain, sciatica, arm pain and back pain. By making sure your body's structural system is in balance, you can be pain-free. In addition, following an exercise program developed by your chiropractor can help you stay in good shape.

Call Family Chiropractic & Spinal Health Care Center for your evaluation today!
(201) 995 - 9900