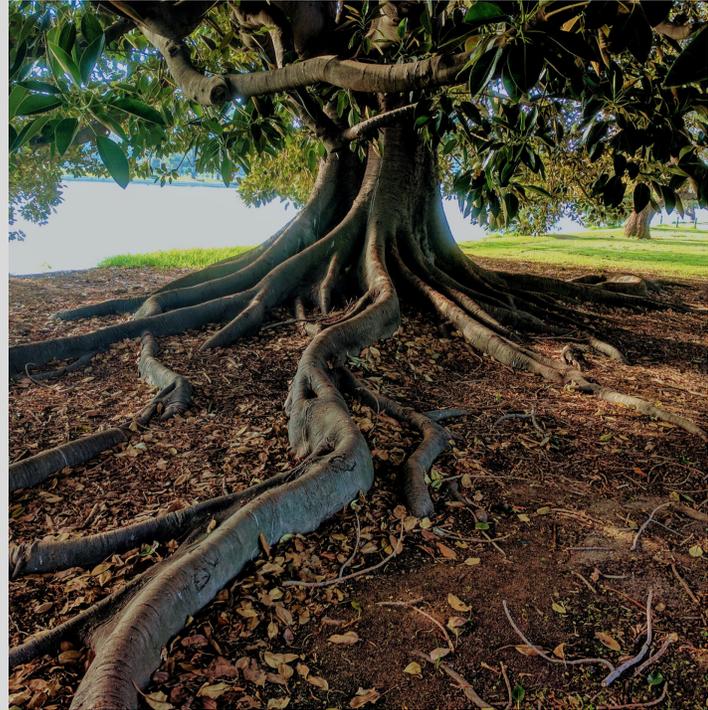


Chiropractic at the Root

Any sort of chronic pain can make our day-to-day lives much more difficult. It's hard to focus on work, school, social lives, and more when there's a constant pain looming over our heads. This not only means missing out on events and missing out on our lives as a whole, but also, in cases where movement is limited due to the pain, we can find ourselves needing the assistance of others constantly. It's not a situation that anyone should ever have to find themselves in! Wouldn't it be better if the pain could be eliminated at the source, removing the need for medication, help from others, and allowing us to live and enjoy life at its fullest?

The brain and central nervous system control and coordinate the function of every other system in the body. Irritation in the nervous system from subluxation, or misalignments in the spine, the nervous system, and all corresponding parts of the body, will be unable to function correctly. Symptoms of dysfunction can come in various forms, whether it's improper function or a physical symptom that we can feel – such as pain!

Pain is the human body's way of trying to get our attention. It's telling us that something within the body, somewhere, is malfunctioning and needs our help! In fact, a recent study looked at whether chiropractic care alone would be able to resolve pain, or if chiropractic care would work better when combined with a form of physical therapy. Not only did the study find that chiropractic care helps eliminate back pain by restoring proper function to the nervous system through the administering of adjustments, but it also found that the addition of physical therapy did not show better results than those without! Patients who received both chiropractic care and physical therapy showed the same results as those who received just chiropractic care, meaning that chiropractic care that eliminates pain at the source is effective all on its' own!



**Rather than
looking to treat a
specific symptom,
chiropractic
looks to the root
cause!**

Angeli Boff T, Pasinato F, Jornada Ben A, Bosmans JE, van Tulder ^ M, Carregaro RL, Effectiveness of spinal manipulation and myofascial release compared with spinal manipulation alone on health-related outcomes in individuals with non-specific low back pain: randomized controlled trial, *Physiotherapy* (2019), doi: <https://doi.org/10.1016/j.physio.2019.11.002>



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