

Research Shows:

Chiropractic care relieves Leg Pain, Sciatica & Disc Herniations

Many turn to Chiropractic care in search of relief from their neck or back pain. Too many other adults still follow a process of taking dangerous drugs or consulting with surgeons under the assumption that these options best serve their desire to live life free from pain. Few medical doctors understand the benefits of Chiropractic for disc herniations, sciatica, or radiating arm or leg pain.



Research from 2014 showed startling results involving a group of adults living with back pain, leg pain, and disc herniations (*confirmed by an MRI*). **Patients who received low back adjustments by a Chiropractor achieved extraordinary results.** It showed 80% of patients reported substantial improvement after one month of care. After 6 months of care, 90% of patients with back pain, leg pain, and disc herniations reported significant benefits from spinal adjustments.

Millions of people suffering with chronic pain begin using opioid drugs every week. Many thousands begin this process due to back pain. Chiropractic accomplishes so much more than simply providing an alternative remedy for back pain. Chiropractors assess alignment and movement of the spine while looking for problem areas which interfere with the delicate nervous system. Areas of misalignment and stiffness receive immediate attention through specific and gentle adjustments designed to improve biomechanics and communication within the nervous system. Pain relief represents one of many side effects of spinal adjustments.

Chiropractors do not treat herniated discs or other symptoms related to spinal conditions involving back pain, arm pain, or leg pain. Chiropractic adjustments improve spinal mobility and alignment and reduce interference from the nervous system to allow the body to better heal itself. Chiropractic represents a proactive first resort for those suffering from back pain, sciatica, or disc related issues. Evidence based results provide a health care alternative that renders invasive care as a last resort.

Science, research, and evidence substantiate the need for the type of care Chiropractic delivers. Chiropractic represents one of the world's largest drugless healing professions and continues to gain notoriety and popularity in a world searching for alternatives to a health system that offers reactive care filled with dangerous drugs and invasive surgeries. Most problems in the spine occur without pain, symptoms or are left unaddressed until symptoms form. Subluxations form like cavities and occur slowly over durations of time.

Chiropractors focus on educating as many people as possible. Education empowers individuals and families with a choice to experience the blessings and benefits that Chiropractic care provides.