



Nutrition and Your Spinal Health



Good nutrition plays an important role in maintaining a healthy spine. Eating a balanced diet full of nutrient-rich foods can help support the spine, providing it with essential vitamins and minerals that are important for proper functioning. For example, vitamin D helps to keep bones strong and healthy, so it is especially important for those suffering from spinal issues!

Including plenty of fruits and vegetables in your diet offers anti-inflammatory benefits that can reduce swelling caused by spinal injuries or degenerative disc disease, while omega-3 fatty acids in fish like salmon and mackerel not only combat inflammation but also promote heart and cognitive health.

Finally, hydration is crucial for spinal health as it keeps spinal discs healthy and flexible; aim to consume around 8 glasses of water daily.

Advancements in Chiropractic Technology

Technology is changing around us rapidly every single day. Have you ever stopped to think about how it's revolutionized care in our practice?

While chiropractic care began with manual, hands-on adjustments (something that still works great today), the advancements in diagnostic technology and various modalities have allowed practitioners to better identify underlying conditions and create more tailored treatment plans.

Some of the most popular advancements in the field include electric muscle stimulation, which may help reduce inflammation and relax sore muscles; laser therapy, which may help promote healing; and ultrasound imaging technology, which helps provide real-time information about the spine's alignment. The use of these technologies gives us greater insight into a patient's musculoskeletal system than ever before.

Wondering how we can help you? We'd love to see you in the practice soon. Book a visit with us today!



Understanding Spinal Decompression Therapy



Spinal decompression therapy is a non-invasive option for patients who suffer from chronic or severe back pain. The goal of this therapy is to alleviate pressure on the nerves and discs in the spine, allowing the body to naturally heal and relieve pain.

During a session, the patient lies down on a special table that is designed to gently stretch the spine. By using a combination of intermittent traction and relaxation, spinal decompression can create a negative pressure in the spine, which may help move a herniated or slipped disc back into its proper position. This, in turn, can increase the flow of oxygen and nutrients to the affected area, which can speed up the healing process.

We've seen it help patients with chronic pain, and even those considering surgery or who have become reliant on pain medication. If you are experiencing chronic back problems, talk with us today.