

6 Chiropractic Services Beyond Adjustments

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Contact

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Qualifications

Graduated From:
Palmer College of Chiropractic

Years in Practice:
30

Treatments

Chiropractic Adjustments
Ultrasound
EMS
Deep Tissue Massage
Spinal Axial Decompression
Orthotics
Trigger Point Therapy

"Do what you do so well that people would want to come back and tell others." - Walt Disney

The focus on spinal adjustment is what makes doctors of chiropractic unique in their approach to treating patients with spinal complaints. The chiropractic adjustment, however, may not be the only procedure your chiropractor employs in managing your care.

Heat, cold, water, massage, light, and exercise are some of the additional therapeutic measures that are often utilized by chiropractors. When controlled, these and other therapeutic elements exert a beneficial influence on body functions and can help a number of common lower back pain problems.



Additional Forms of Chiropractic Therapy

Some physiological therapeutic measures that are often utilized in chiropractic care include:

- 1. Ergonomics.** During the course of chiropractic care, your chiropractor may recommend some modifications—such as a work station change—to apply at home and/or work. The success or failure of obtaining patient-satisfying outcomes may be directly related to applying an ergonomic modification to a job or hobby-related irritating activity.

2. Water therapy. Also referred to as pool therapy, hydrotherapy, or aquatic therapy, water therapy consists of a variety of treatments and exercises that are done in a pool. Because water counteracts gravity and provides resistance, performing exercises in a pool often minimizes the weight placed on the spine and allows for strengthening and conditioning, while also reducing the risk of further injury due to loss of balance.

3. Transcutaneous electrical nerve stimulators (TENS). The most common form of electrical stimulation, TENS units feature electrodes that are placed over the painful area with the user having the power to control the intensity of electrical stimulation. It is believed that TENS help block the transmission of pain signals along the nerves and also release endorphins—the body’s natural painkillers.

4. Cold laser therapy. During cold laser therapy, particles of energy emitted from a laser pass through the skin’s layers and are absorbed into cells. The cells and tissues then convert this light energy into biochemical energy, fueling a biological process that is believed

to decrease swelling, reduce back pain and inflammation, and improve circulation.

5. Diathermy.

A form of shortwave, electro-magnetic therapy that passes the softer tissues and provides heat to denser tissues, diathermy relaxes the muscles and connective tissues, decreases muscle spasms, and accelerates the healing process by increasing circulation. In chiropractic treatment utilizing diathermy, the treated area will typically feel pleasantly warm.

6. Lifestyle modifications. Your chiropractor may advise a variety of lifestyle modifications, including diet and nutritional programs, self-care, and coping strategies.

Depending on specific needs, these methods may or may not be utilized by your chiropractor in the course of your case management.



Learn more:

<http://www.spine-health.com/treatment/chiropractic/chiropractic-services-beyond-adjustments>

Talk to Dr. Cafagna about specific questions related to your unique health situation.

Learn more or schedule an appointment

760-410-2373

<http://www.spine-health.com/doctor/chiropractor/mark-cafagna-san-marcos-ca>

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