

## CHIROPRACTIC

# DON'T SUFFER FROM BACK PAIN

At some point in most of our lives, we have all experienced back pain and the consequences it has on leading a productive life. Many times, patients are told that their only option is to get surgery, but **Monahan Chiropractic Medical Clinics** is looking to change that with alternative therapy for people who suffer from back pain.

"Chiropractic is more than just spinal adjustments and moving bones," says Dr. Meet Patel, Owner of Monahan. "When you think about back pain, it should be your first choice in treatment. Our goal is to treat every patient with great quality care through an individualized treatment plan. We have been serving the communities of St. Augustine, Palatka, and Palm Coast for 40+ years."

Back pain can be caused by many different things, one being degenerative disk disease. Degenerative disk disease can cause problems such as numbness, tingling, and a radiating or burning sensation down into your arms or legs. Dr. Patel along with Dr. James Haley, Chiropractor of the Palatka Monahan location, focus on full body health and wellness with a variety of services that include digital x-rays, orthopedic and range of motion examinations, three types of spinal adjustments, massage therapy, and spinal decompression.

"Spinal decompression therapy is a great tool that can help prevent spinal surgeries. It resolves problems with the disc and removes pressure applied to the disc by supplying nutrients and oxygen to the disc." (Journal of Physical Therapy, Choi et al., 2015). Dr. Haley explains that we should think of our spinal disk like a jelly donut. "When your spine is compressed, that donut is getting smooshed and the jelly starts coming out," he says. "That puts pressure on your nerves and causes you pain and discomfort. We use spinal decompression to give that donut some space so the disk can come off the nerve and relieve your pain."

The benefits of spinal decompression include decreased pain, improved spinal mobility, higher success rate with resuming daily activities, the prevention of the advancement of herniations, and even helps to boost the immune system. Medical literature also reveals that spinal decompression has been effective in over 75% of patients with getting long-term relief and preventing new injuries. "Most people think they need to go and get surgery when suffering from back issues," says Dr. Haley. "But the truth is, they don't. Our treatments can resolve your symptoms and can give

Dr. Meet Patel and Dr. James Haley



Serving the communities of St. Augustine, Palatka, and Palm Coast for 40+ years.

our patients the freedom of their body back, with increased range of motion, allowing them to do things they have not been able to do without the need for invasive procedures and medications."

The proof of success can be found in Monahan's outstanding google reviews. "I

had thought my mobility was deteriorating because of my age (71)," says one patient. "But after every treatment I find I have more and more flexibility. I am so impressed by this clinic. I can go on and on singing their praises. I love how I feel now. I'm even moving my hips and back with more mobility than I even realized was possible."

**Monahan Chiropractic Medical Clinics**

419 Anastasia Blvd • (904) 824-8353

[www.monahanclinics.com](http://www.monahanclinics.com)