

CHIROPRACTOR

# ELIMINATE PAIN WITH CHIROPRACTIC TREATMENT

Living with acute or chronic pain can be exhausting. Pain can highly impact the quality of life and stop you from being able to participate in the activities you enjoy. Fortunately, that pain does not have to be permanent. At Monahan Chiropractic Medical Clinics, the team can get rid of your pain through comprehensive and holistic health services. Chiropractic treatments focus on the musculoskeletal system and its connection to the nervous system. Their treatments are a way of giving your body a way to overcome pain by making sure that your nervous system is at its optimal functioning level.

When people hear the word chiropractic, they often think "cracking of the neck and lower back." Chiropractic care has been around for over 4000 years and even though the manual adjustment is still the traditional way of re-aligning the spine, there have been many different techniques incorporated over the years. Even beyond these spinal adjustments, Monahan's Dr. Meet Patel specializes in care of the seven extremities – feet, knees, hips, shoulders, elbows, wrists, and TMJ. Chiropractic is one of the safest ways to provide relief at any age.

At Monahan Chiropractic, the team focuses on quality of care and going above and beyond for their patients. The doctors will listen to your concerns, explain what is causing your pain, and come up with a treatment plan to fix it.

Most importantly, they will educate you on how to prevent it from happening again.

"Chiropractic care is a way of life," says Dr. Patel. "God has given you one body and that body is going to break down over time. Instead of choosing a quick fix like surgery, meds, or injections, we encourage you to seek alternative medicine because it will benefit you more in the long run. In today's environment and as new viruses arise and mutate – such as COVID19 – it is crucial that your body perform at 100% functionality. Chiropractic and I can help you achieve that." Monahan Chiropractic also believes that alternative and traditional medicine are complementary to each other, which is why they also offer primary care services. Together, they work hand-in-hand to provide a personalized natural care approach for each individual and find the most effective route to eliminating pain and discomfort.

"At Monahan Chiropractic, our first priority is complete health and wellness," says Dr. Patel. "We focus on the drug-free prevention and relief of pain through a natural health approach. Our goal is to not only care for immediate symptoms but also discover and treat the root of the problem. We offer medical and chiropractic care that is customized to your needs so you can feel better faster and get back to doing the things you love."



*Monahan Chiropractic has been treating St. Augustine for over 45 years with the same mission – to change lives one spine at a time by bridging the gap between pain and performance.*



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