

GET RID OF YOUR CHRONIC PAIN

HEADACHES

Most headaches don't actually come from your head. Most headaches refer from the musculature in your neck.

Low back pain

Has conventional chiropractic care failed to alleviate your back pains. Adjustments may fail to clear up the problem. without deep muscle therapy and rehabilitation

SHOULDER / KNEE PAIN

Have you been diagnosed with rotator cuff tears or tears in the knee joint and didn't have an MRI. Then there is a good chance a tear may not be the problem.

Hand and feet numbness

Hand and feet numbness doesn't always come from a nerve entrapment. Muscular problems can cause numbness in many parts of the body.

Chronic pains where do they come from and why can't anyone help me.

If this sounds like your problem your not alone. Many people seek help for their chronic pains but no one seems to be able to help them. One of the biggest reasons I have found is that chronic pain comes from the muscles in the body. Since you can find muscles in almost every part of the body, muscles can cause pains everywhere. So why can't anyone help you. The answer is most doctors don't specialize in muscle problems and are not knowledgeable in the breakdown, repair and rehabilitation of muscle. If a muscle doesn't have a good blood supply it can not heal and function properly. The muscle goes into spasm and starts to form scar tissue, it also loses its ability to get rid of waste produced by that muscle. The build up of this waste produces what is known as trigger points. These trigger points can refer from your neck muscles and cause headaches. They can refer from your leg or shoulder muscles and cause knee and shoulder pains. They can also refer from your arm and back muscles to produce numbness in the hands and elbows. To treat these muscle problems you must first restore function in the joint it attaches to (adjustments). Then break down the scar tissue and get rid of the waste in the musculature (cross-friction massage) (trigger point therapy). Once the muscle has a good blood supply you must then strengthen it to handle the everyday stress it is put under and help prevent a re-occurrence (muscle-rehabilitation).

Who can help

We can at the **Rehab and pain center**, We specialize in the cross-friction massage, trigger point therapy, and muscular rehabilitation. The doctor is a chiropractor so we can also perform adjustments to the affected joints.

Is it expensive

If you were in a auto accident or have had a work related injury there is a very good chance you are covered. A lot of insurances also cover care or we have a great cash plan. If you have any questions please call 215-234-REHAB or 215-234-7342