



Chiropractic Care First, Drugs Second, and Surgery Last

Whenever you have back or neck pain or suffer a spinal injury, chiropractic therapy should be your first choice before turning to drugs or surgery. Why? It all boils down to the cost-effectiveness and exceptional benefits that high-quality chiropractic therapy can provide.

Why chiropractic care and rehabilitation is the best first choice

When you visit a licensed local chiropractor near you, you'll be assisted by experts who can use therapy to minimize the risk of spinal surgery and help you recover from whatever ails you. Chiropractors are spinal health specialists that can use a variety of techniques, including specialized massages or therapies, to improve spinal comfort and help you overcome back or neck pain.

Chiropractic therapy is indeed effective for a wide range of neuromuscular skeletal disorders, particularly when it comes to managing conditions that are most prevalent among seniors, including osteoarthritis of the spine and degenerative disc disease.

Chiropractic therapy is also much more effective compared to NSAIDs or nonsteroidal anti-inflammatory drugs. Chiropractic adjustments provide effective and long-term treatments for a variety of typical spinal issues, such as aches, pains, and decreased mobility.

Even better, chiropractic care is cost-effective. It's more affordable to see a chiropractor than it is to rely on expensive medication or undergo pricy private surgery.

Drugs are only temporarily effective, chiropractic medicine is long term

Why wait to use drugs? While painkillers can help with some or even most of your back and neck pain, drugs by their very nature are only temporarily effective. They are not good solutions for treating the root cause of your spinal discomfort or broader issues.

Furthermore, some drugs can be incredibly addictive and/or expensive. This can all add up over the long run, leading to increased reliance on the drugs for day-to-day function and exacting a heavy toll on your bank account.

Of course, we realize the benefits of medication and support its use when the medication is useful and can help provide the best available patient care. Pain medication can be a good choice for your needs... just not the first choice and certainly not without consultation.

Surgery is the last resort coupled with chiropractic rehabilitation

Surgery should always be saved as a last resort due to its unavoidable associated risks. There's always a risk of health complications or side effects, no matter the reputation or confidence of an orthopaedic surgeon.

Surgery should sometimes be used when necessary, for patient health, but it should always be the final treatment option when all other possibilities are exhausted. If patient injuries are too severe or if there is trauma to joints and ligaments, a surgical referral may be required.

In that case, they can help you get the care you need to fully recover from your spinal condition(s).

Contact us, Ltd. Today!

Not sure how to proceed? It may be worth a Google search for, 'best chiropractor near me' to find a good Chiropractor in your area to help. If you're looking for a chiropractor in Portchester, Fareham or Portsmouth, get in touch with us and we'll help you come up with a plan to treat your pain and any other issues.

We can offer you a free consultation and go over your options instead of signing you up for orthopaedic surgery first. We'll explore various therapy options and other treatments that might be appropriate for your needs.

Contact us today!