

Physical Methods of Healing

- **Chiropractic care.** Chiropractic adjustments keep the joints of the spine from interfering with the nerves that control healing and pain. Many surgeries have been prevented by chiropractic care. It is even more effective when combined with decompression therapy, physical therapy, massage therapy, and/or yoga.
- **Yoga.** There are several types of yoga. It is a broad discipline that involves practicing specific postures or poses, breathing exercises and relaxation techniques.
- **Physical Therapy.** A physical therapist uses variety of treatments, such as heat, ultrasound, electrical stimulation and muscle-release techniques, to your back muscles and soft tissues to reduce pain. The therapist can teach you specific exercises that may help increase your flexibility, strengthen your back and abdominal muscles, and improve your posture and take pressure off of your spinal discs. Regular application of these techniques can help prevent pain from returning.
- **Massage Therapy** Certified and licensed massage therapists are well trained to safely massage patients before and after surgery. The improved blood flow, improved lymph drainage, and relaxed muscles help prepare the body for the trauma of surgery. Post-surgery healing is advanced in the same ways. Some believe that post-surgical pain is lessened by quality massage therapy.
- **Decompression Therapy.** When used with chiropractic and/or massage therapy and/or yoga, controlled decompression of the spine allows healing nutrients into damaged disc tissue and can rearrange bulging disc material so nerve pressure from stenosis can be relieved.

Disclaimer: This information is not intended as a substitute for medical or chiropractic professional help or advice, but is to be used only as an aide in understanding spinal and nerve issues.

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