

# O'LEARY CHIROPRACTIC

Spinal Health Newsletter

February 2017

## Treatment of Spinal Pain



Patients who are unfamiliar with spinal pain often find themselves unsure of what to do. When asked, patients often admit they have not done anything to help their pains. Sometimes the pain is too severe, other times they do nothing because they don't want to make it worse. A typical patient is looking for strategies to remove their pain and then keep it from coming back.

Research on treatment of spinal pain is typically done with one form of therapy; spinal manipulation, heat/ice, muscle stimulation, ultrasound, trigger point therapy, exercise, stretching, posture training, etc. While all of these are generally accepted as useful ways to reduce your pain, you probably won't see them being used in combination in research. The greatest benefit occurs when multiple types of therapy are used together. When considering seeing a Chiropractor its often mistaken that the only form of treatment received will be spinal manipulation. At O'Leary Chiropractic , spinal manipulation is only one of the many tools we have to help you recovery from injury.

In the acute phase of your injury, we'll use these therapies to help you get rid of your pains. Once the pain is gone, Dr. O'Leary or Dr. Steele will prescribe exercise, changes in biomechanics and posture to keep your pains from returning.

To learn more about our office, please visit [www.olearychiropractic.net](http://www.olearychiropractic.net) or find us on facebook at O'Leary Chiropractic.

If you, your family or friends suffer from neck pain, back pain, extremity pain or headaches, we can help!

To set up an appointment please call **793-1205** or for more information visit us at: [www.olearychiropractic.net](http://www.olearychiropractic.net) or **find us on Facebook at O'Leary Chiropractic**

O'Leary Chiropractic accepts almost all types of major medical, not limited to:

- Empire Blue Cross
- Blue Cross/Blue Shield (various plans)
- CDPHP
- Blue Shield Northeastern New York
- MVP
- CIGNA
- The Empire Plan
- United Healthcare
- AETNA
- Medicare
- Workers Compensation/No Fault.
- Affordable self pay options

Do I need a referral?

You do not need a referral to schedule an appointment with Dr. O'Leary or Dr. Steele.