

Should I do a massage for pain or see a chiropractor?

As a chiropractor, I believe that the human body works at its fullest potential only when the nervous system functions smoothly. The spinal column is the “lifeline of the nervous system.” The bones in your spine are designed to “house” and protect this nervous system, allowing your brain to properly communicate with your body.

Chiropractors find misalignments/imbbalances (what we call “subluxations”) in the spine and make adjustments (move the vertebrae) to restore proper nerve function and nerve conduction from the brain to the muscles and organs of the body.

These subluxations result from physical, chemical, or emotional causes. Often times, muscle tension alone will cause subluxations.

Massage therapy allows the body to relax, releases muscle tension, improves joint flexibility, increases circulation and sensation, and generally enhances the well-being of the patient. This allows the patient to “hold” adjustments longer and recover faster.

We know that chiropractic care combined with massage therapy is most beneficial in the majority of cases where the patient has pain or looking for overall health and wellness.

For more information, contact us at 515-278-9678 or visit our website www.YostFamilyChiropractic.com. Please note: Yost Family Chiropractic has moved to 3993 100th St., Urbandale by Casey’s.

Written by Dr. Heather Yost
Provided for Urbandale Living Magazine (October 2011)