



## **AdvaCare Clinics: Back Pain Relief with Chiropractic Care Bloomington MN**

Are you suffering from lower, middle or upper back pain? If so, you owe it to yourself to try chiropractic treatment, prior to surgery. AdvaCare Clinics, in Bloomington, MN offers effective chiropractic care that can relieve your back pain, even in the most severe circumstances. Our licensed Doctors of Chiropractic apply gentle pressure to correct the alignment of your spine allowing your body to properly heal itself and end your cycle of pain. This is a non-invasive, natural corrective treatment process that yields long term results with no lengthy recovery time or major risks.

### **Relieve Your Aching Back**

There are many reasons for back pain and there are many potential options for treatment. But few solutions actually correct the issue that is causing your pain like chiropractic manipulations. Pain is important because it makes you do something; it's a built in warning system that protects you from harm or danger both internally and externally. But what you do about your pain is up to you.

Many that go to a traditional doctor for their pain get prescribed drugs, also known as narcotics, which block pain receptors to reduce the awareness of your body's important signals. This option is full of risks, from addiction to overdosing, abuse and longer adverse health effects. And because the drugs don't do anything to correct the issue causing you pain you're going to be in a constant struggle, fighting a losing battle because you have been giving a lack of equipment.

### **Chiropractic Care Corrects your Body**

Using spinal manipulation to realign your spine and balance the weight your back is responsible for has proven to eliminate even the most severe back pain. No two people are exactly the same, so no two treatment plans should be identical. We will work with you, determining the cause, giving you a treatment plan that can fit your schedule and even give you a time table for complete results.

### **Common Reasons for Back Pain:**

- Sports Injuries
- Improper Lifting
- Being Overweight
- Improper Posture
- Herniated Disk

- Scoliosis

#### Pain Management Specialists Bloomington MN

When dealing with pain, many resort to resting but doing so may not help matters at all. It is important to stay active and take control of your life by eating right and seek treatment, of your choice, to help you through this painful time. Chiropractic Care has helped many see a better level of health, wellness and allows for a pain-free life. The licensed chiropractors at AdvaCare Clinic also work closely with our physical therapists, massage therapists, acupuncture specialists and medical doctors to ensure a timely and complete recovery, by any means necessary.

**Before surgery, try chiropractic care! Contact AdvaCare Clinic today and set up a consultation email us at [drdennis@advacaremn.com](mailto:drdennis@advacaremn.com) or call us at (952) 835-6653!**

