

Chiropractic Services at Into Action

Chiropractic services

Many people view chiropractic care as merely a means for fixing back pain caused by an accident or injury, but it is so much more than that. Chiropractic care at Into Action Treatment offers a holistic means of healing the entire body from within while promoting physical and emotional health.

Into Action Treatment is focused on helping those who experience pain, stiffness, or other discomfort in their bones, joints, or muscles to find a natural solution to facilitate pain management. Often, patients who experience severe joint or muscle pain will self-medicate with large doses of powerful painkillers. Others will look to drugs and alcohol to experience relief. Into Action Treatment offers chiropractic care in such a way as to help patients break this vicious cycle, detoxify the body and truly live pain free.

Holistic Healing

A holistic approach to pain management is essential for those recovering from alcohol and other addictions. At Into Action, spinal manipulation is just a small part of an integrated treatment plan designed for each patient's unique needs. The goal is to promote the body's own natural healing capabilities. Every session emphasizes realigning the musculoskeletal structure of the body in order to allow the central nervous system to function and communicate efficiently.

Backed by Science

Subluxation, or compression of the spinal vertebrae, is responsible for a large number of painful conditions ranging from mildly irritating to absolutely debilitating.

Research has shown consistently that when the body is in balance and correctly aligned, issues such as ongoing pain, stress and tension are drastically lessened and often totally eliminated. While medication may be necessary in some instances, often the pain that people experience every day can be reduced greatly or even eliminated through chiropractic care.

Chiropractic Services Treatment Options at Into Action

Musculoskeletal manipulation and realignment are accomplished through a wide variety of treatments, such as structural adjustments, acupuncture, decompression, electrical nerve stimulation and ultrasound wave technology. Certain types of massage, including deep tissue, trigger point, sports and Swedish, also may be a part of a customized treatment plan that focuses on both physical as well as emotional health.

Chiropractic services for addiction treatment addresses the root of the problem rather than merely masking symptoms. Effective treatment brings about an overall enhancement of physical and mental health as well as relief from pain. The team at Into Action strives to find a non-medicated way to deal with pain while promoting the detoxification process.

Into Action is a holistic [drug treatment center](#) that offers clients the highest level of care for drug and alcohol addiction. We specialize in individualized treatment programs for individuals, in order to meet their unique recovery needs.

Into Action offers:

Dual diagnosis treatment | Medical detox center | Family support groups for drug addiction | Acupuncture for addiction | Yoga for addiction | Meditation and addiction | Nutrition and addiction recovery | Spirituality and addiction recovery | Anger and addiction | Drug addiction and relationships | Fun things to do sober | Client focused care | Progress based treatment | Life skills training | Exercise training