



Family Chiropractic & Spinal Health Care Center



RESTORE YOURSELF

Meet The Doctor:

Dr. Moe Abtahi is a gentle, highly caring and experienced Chiropractic Physician as well as a Certified Functional Medicine Practitioner. Through his continued education in health and wellness advancements, he strives to always improve his patient care. As a chiropractor, he believes in natural healing, getting to the source of the problem to help the body self-correct. He treats patients with chronic or acute back, neck, joint, sciatic nerve and extremity pain.

Dr. Abtahi has a desire to help others and loves the alternative approach to healing. His passion to provide his patients with relief through chiropractic treatment involving manual therapy, nutrition, and exercise allows them to have a better quality of life - pain free!

Chiropractic spinal care is a safe, effective alternative to surgery and drug treatments for many common conditions including headaches, neck pain, sciatica, arm pain, back pain, and much more. This approach to wellness assists the bones, joints, nervous and muscular systems to more efficiently optimize their functions.

Eighty percent of people suffer from back pain at some point in their lives. Back pain is the second most common reason for visits to the doctor's office, outnumbered only by upper-respiratory infections. In fact, it is estimated that low back pain affects more than half of the adult population each year and more than 10% of all people experience frequent bouts of low back pain.

Chiropractic for the low back has been repeatedly shown to be the **most effective treatment for low back pain**. In fact, major studies have shown that chiropractic care is more effective, cheaper and has better long-term outcomes than any other treatment.



Sciatica is actually a sign that you have an underlying problem putting pressure on a nerve in your lower back. The most common cause of this nerve compression is a bulging or herniated lumbar disc.

Pain that radiates from your lower (lumbar) spine to your buttock and down

the back of your leg is the hallmark of sciatica. Sciatica may be accompanied by numbness, tingling, and muscle weakness in the affected leg. This pain can vary widely, from a mild ache to a sharp, burning sensation or excruciating discomfort.

These latest advancements in chiropractic care combined with our experience and personalized service can ensure that you get the healing relief you need to live healthy and pain free life.

Many health problems begin with improper functioning of the nervous system. Sports injuries, repetitive work, or stress can cause spinal misalignment, limitations on the movement of muscles and joints, and nerve pressure. This leads to headaches, chronic neck or back pain, muscle spasms, high blood pressure, numbness, or other unwanted side effects.

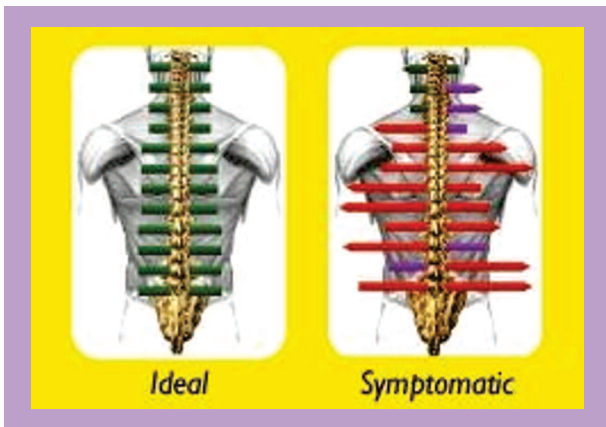
**Call Family Chiropractic &
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for your evaluation today!**

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**Get back to your life
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Low Back Pain and Sciatica



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