



## Why Chiropractic Therapy in Toronto Is Different From Drugs and Surgery



Most people experience neck and back pain at some point in their daily lives. Though these pains are often temporary, some pains do not go away, and people can get annoyed with the longer-term back or neck pain. Several people will prefer to go to a medical doctor who will look at the symptoms, including pain, and treat it with a prescription or other over-the-counter medications. In some cases, when necessary, doctors may even suggest surgery to manage the pain and get back to life.

An increasing number of people are foregoing medical doctors and opting for chiropractic therapy in Toronto, as it can be the best option to come out of such pain without medication. Chiropractic therapy can deliver a pain-free recovery experience from the pain that people face in their daily life.

Here are some reasons why you could opt for chiropractic therapy other than conventional medication for relieving pain.



### **Drug therapy**

When it comes to certain kinds of pain like neck pain, medication may not be the best way to manage it. According to some studies, patients who opted to undergo chiropractic treatment and exercise regularly were more than twice as likely to significantly reduce their pain or even eliminate it completely than those who choose to take medication.

Though most of the medications come with solid efficacy rates, they can come with unpleasant and even potentially dangerous side effects to the body. Certain prescription drugs can be highly addictive and occasionally create overdose concerns, and sometimes can worsen the health condition by interfering with the healing process.

### **Surgery**

After medicine, surgery can be considered for helping to make the body pain free, but the fact is that there are several loopholes that can impact the body even more than before. According to studies, the patients who saw a medical doctor as their first treatment option when dealing with back pain are more likely to have surgery compared to the patients who saw a chiropractor first.

Up to 43% of the medical patients undergo surgery while only 1.5% of the chiropractic patients had surgery for the presenting complaints. That means if you are a medical patient trying to resolve the back pain you are 28 times more likely to eventually have surgery for it compared to if you would have received chiropractic treatment first.

Apart from obvious invasiveness of the procedure along with the recovery time and probable physical therapy that would be required as part of the after care, there are several other downsides. There is a lot of money and recovery time often required to recover, and even though success can be obtained in the areas of concern, the adjacent areas are often impacted and can lead to other problems in the future.

## **Chiropractic Care**

Unlike the focus on pain by the majority of medical professionals, chiropractors tackle the root of the issue rather than just the symptoms. There is usually a functional component involving how well the parts are working that can be addressed to help solve the problem. The holistic approach also gives patients the freedom to change their lifestyles in ways that will benefit their treatment and recovery. They are able to take charge of their own well-being and pain management, which makes them feel more in control of their healing.

Chiropractors use a natural, all-encompassing approach to pain management, realigning the body as needed, and advising patients on exercises and other activities to help them regain their normal range of motion and flexibility while also relieving their pain symptoms and frequently fixing the underlying issue that is causing them.

These are the reasons, it is a recommendation to seek the [chiropractic therapy in Toronto](#) to recover from many types of physical pain.

## **CONTACT US**

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