

CHIROPRACTIC WELLNESS AWARENESS



ONE FREE
OFFICE
VISIT

ONE FREE
MASSAGE
SESSION

- Do you want to have a healthy body?
- Do you like to maintain your high energy level ?
- Do you want to be stress-less?
- Do you like to be pain free?

Please call Conrad Nieh D.C. to receive a

Free Consultation, today.



What is Chiropractic?

The basis of chiropractic care is detecting and correcting irregularities and interferences with the human body's own natural state of good health. Chiropractic treatment addresses and corrects the causes of physical and emotional afflictions such as stress, low back pain, carpal tunnel syndrome, head aches, and scoliosis; rather than just treating the symptoms that result from them. People of all ages can benefit from hands-on, drug-free chiropractic care and live happier, healthier lives.

FREE

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How does Chiropractic work?

Improper motion or alignment of the moving bones of the spine called a "subluxation," commonly referred to as a "pinched nerve," can interfere with proper nerve functioning therefore irritating nerves and compromising the function of the effected organs and tissues. Specific spinal adjustments by the Chiropractor can help normalize neurologic functioning. Health often returns with this restored nerve functioning.

Do I have a pinched nerve?

A pinched nerve is rare. It is more likely that adjacent spinal bones irritates joints and ligaments altering joint function. The subluxation or "pinched nerve" distorts the normal functioning of the joint creating tension on spinal ligaments reflexively causing muscle spasm which can cause stiffness, muscle spasm and impair circulation, not directly from a pinched nerve.

How do you get subluxations?

There are many causes some of subluxations. Most commonly injuries such as slip and falls, motor vehicle accidents and repetitive motion disorders. Emotions such as anger, grief and fear as well as chemical influences such as alcohol, drugs, pollution and diet can cause subluxations. The Chiropractor reduces subluxations with a spinal adjustment

What is an adjustment?

Adjustments by a Chiropractor involves a quick, low amplitude thrust that restores normal spinal motion and improves posture and alignment. Some methods include the mechanical impulse to make the correction such as a cervical adjusting instrument.

Are chiropractic adjustments safe?

Yes. A New Zealand the government study found that adjustments are "remarkably safe." By avoiding drugs and risky surgery, chiropractic care enjoys an excellent track record. Compare the statistics. Adjustments are about 100 times safer than taking over-the-counter pain reliever.

How many adjustments will I need?

The number of adjustments vary with each patient and their individual goals. Many patients sense progress within two to four weeks of frequent visits. In general, the more

chronic a condition, the longer it will take to recover, sometimes months or years. The Chiropractor will discuss the likely outcomes during your initial report of findings visit.

How long until I feel better?

Some patients experience almost instant relief. Others discover it can take many weeks or months. Many factors affect the healing progress. How long have you had your problem? Are you keeping your appointments? Are you getting the proper rest, exercise and nutrition? Do smoke? Are you in otherwise good condition? Within a short period of time, most patients who follow the recommended treatment plan get the best results.

Will I ever be normal again?

Patient results vary. Many report improved spinal function and total resumption of their normal lifestyle. Those who neglected or delayed seeking care from a chiropractor often see slower progress. After improvement, many patients discover that periodic chiropractic checkups can help avoid a relapse.

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You CAN Live Pain Free...

I will help you identify the causes and solution to your problem.

What is Chiropractic Health Care?

Chiropractic is a specialty health field that recognizes the fact that the central nervous system (Brain and Spinal Chord) control all functions in the body. It is based on the fact that if you can exist biomechanically out of alignment with areas of excessive muscular tension and other areas of muscular weakness, you will be that much healthier if you were in balance with less stress and greater muscular strength. It is a rule without exception.

Chiropractic can offer you this balance. The work that Dr. Nieh performs is focused on finding and correcting hidden muscle and structural imbalances in the body utilizing very effective and gentle techniques. Correcting these muscular and structural imbalances is imperative to reducing your discomfort because they are responsible for an overwhelming majority of the pain that people experience.

If you are suffering from neck pain, low back pain, shoulder pain, hip or knee pain, sports injuries, plantar fasciitis or carpal tunnel pain there is an excellent chance that I can help you. Just give my office a call to make an appointment and you can be on your way to leading a pain free life.

We Can Help You Live an Active and Pain Free Life...Without Drugs or Surgery

I help patients of all ages with low back pain, neck pain, headaches, auto accidents / whiplash, sports injuries, numbness & tingling of the extremities, fatigue, arthritis, chronic pain conditions, scoliosis, hip pain, shoulder pain, sciatica and more.

Who is at risk for poor posture, spinal problems and chronic pain?

- People who sit for long periods at their desk or computer
- Workers whose professions demand lots of lifting, bending, and standing
- Drivers who sit for long hours
- Parents who lift and carry their children
- Athletes, especially golfers and anyone participating in contact sports
- Children who carry heavy backpacks
- Those in recent or past car accidents, including “fender benders”

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EDUCATION:

UC Davis – Biological Science 1990

Lifewest Chiropractic College 1993

TECHNIQUE:

In my practice I use Gonstead and Diversified in conjunction with Ultrasound, Muscle Traction, Heat Pack and Massage.