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# Chest physical therapy

Improvement is gradual, so continuous practice is essential. Occupational therapy Occupational therapists are specialists in helping people participate in the things they want and need to do. They can help you customize your environment to suit your needs by nicknamed accessories and teaching you how to use them, or by showing ways to perform daily activities with less pain. Some examples of tasks they can help you include opening jars of groceries, doing laundry, turning door handles and getting in and out of the car. Chiropractic Care Chiropractic Care focuses on treating and preventing musculoskeletal disorders and their effects on the nervous system and overall health. Chiropractors use physical manipulation, ultrasound, trigger point therapy and stretching to help keep the body aligned and provide pain relief. Chiropractic correction involves using a handheld or device to apply a controlled, rapid force to the joint to increase the range and quality of motion in the area that is being processed. Be sure to find a licensed chiropractor who has experience in treating people with arthritis. Osteopathic medicine Osteopathy is based on the belief that most diseases are associated with problems in the musculoskeletal system, and that the structure and functions of the body are related. Osteopath manipulation is a gentle technique that involves using pressure and resistance to working with muscles, connective tissue and joints to relieve pain, restore movement and support body structures. Make sure that the osteopath you choose has received formal training at an accredited osteopathic medical school. Braces, splints and accessories Braces and splints can be installed by physiotherapists, occupational therapists or orthothists to match and support your joints. They can protect joints from damage and relieve pain. Other mobility and accessories, available to help with everyday life and protect your joints include foot, walkers, reachers and grabbers, button hooks, jar openers, lever door handles, etc. Electrical stimulation devices Transkutan electrical nerve stimulation (TENS) units and interferencial current stimulation (ICS) units using pads placed on the skin to stimulate nerves and muscles around the pain zone. A small device is implanted under the skin to stimulate the spinal cord to provide mild electrical signals near the spine, relieving pain. Independent, reliable guide to online education for over 23 years! Copyright ©2021 Approved College, LLC All Rights Reserved Independent, Trusted Guide online education for over 23 years! Copyright ©2021 GetEducated.com; Approved College, LLC All Rights Reserved Independent, a reliable guide to online education for over 23 years! Copyright ©2021 GetEducated.com; Approved Colleges, LLC All Rights Reserved Learn more about back pain Find additional treatment centers at: Johns Hopkins Bayview Medical CenterAll, another Maryland clinicSibley Memorial Hospital in Washington, D.C D.C.

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