

Melva Mitchell Fort Worth Chiropractic Care Center

Melva Mitchell Gray Specialist in Chiropractic Talk more about Chiropractic issues and her own care center. Melva Mitchell Fort Worth is the best option if you need Chiropractic Assistance in Fort Worth Texas.



Fort Worth, Texas Jun 27, 2022 (Issuewire.com) - [Melva Mitchell Fort Worth](#) Chiropractic care is a way of treating health problems that affect the nerves, muscles, bones, and joints of the body.

A health care provider who offers this type of care is called a chiropractor. Manual adjustments of the spine, called spinal manipulation, are the foundation of chiropractic care.

[Melva Mitchell Gray](#) Most chiropractors also use other types of treatments.

The first visit in most cases lasts from 30 to 60 minutes. The chiropractor will ask about your goals for treatment and your medical history.

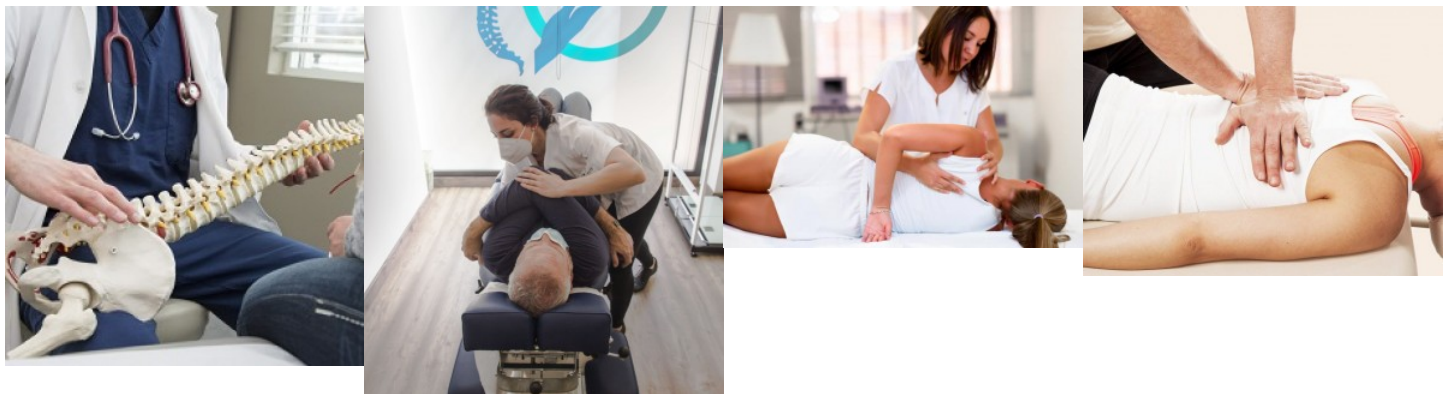
[Melva Mitchell](#) will ask you about:

- * Past injuries and illnesses
- * Current health problems
- * Any medications you are taking
- * Lifestyle

- * Diet
- * Sleeping habits
- * Exercise
- * Mental stress you may have
- * Use of alcohol, drugs, or tobacco

Tell your chiropractor about any physical problems you may have that make it difficult for you to perform certain tasks. Also let him know if you have any numbness, tingling, weakness, or any other neurological problems.

[Melva Mitchell Fort Worth](#) After asking about your health, the chiropractor will do a physical exam. This includes tests of spinal mobility (how well the spine moves). The chiropractor may also do some tests, such as checking your blood pressure and taking X-rays. These tests look for problems that may be increasing your back pain.



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