

Welcome to Renew Chiropractic Spokane, WA!

Your Spokane chiropractor!

At Renew Chiropractic, located in Spokane, we have the desire to educate the community on living a healthier lifestyle that includes Wellness and Preventative Care. Our goal is to help each and every person reach their optimum health as quickly and pain-free as possible.

What Is Chiropractic?

Chiropractic is a branch of the healing arts which is based upon the understanding that good health depends, in part, upon a normally functioning nervous system. Chiropractic stresses the idea that the cause of many disease processes begins with the body's inability to adapt to its environment. Chiropractic care is used most often to treat neuromusculoskeletal complaints, including but not limited to back pain, neck pain, pain in the joints of the arms or legs, and headaches.

Chiropractors practice a drug-free, hands-on approach to health care by locating and adjusting a spinal area of the body which is functioning improperly. The purpose of manipulation is to restore joint mobility by manually applying a controlled force into joints that have become hypomobile or restricted in their movement – as a result of a tissue injury. Tissue injury can be caused by a single traumatic event, such as improper lifting of a heavy object, or through repetitive stresses, such as sitting in an awkward position with poor spinal posture for an extended period of time. In either case, injured tissues undergo physical and chemical changes that can cause inflammation, pain, and diminished function for the sufferer. Manipulation, or adjustment of the affected joint and tissues, restores mobility, thereby alleviating pain and muscle tightness, and allowing tissues to heal.

Chiropractic also places an emphasis on nutrition and exercise programs, wellness and lifestyle modifications for promoting physical and mental health.