

Dr. Jeff Cottingham Helps Out With Pinched Nerves

Dr. Jeff Cottingham in Chandler Arizona is a chiropractic doctor. One of his specialities is in the relief of pinched nerves.

Pinched nerves, caused by other tissues forcing pressure on an affected area, can be found nearly anywhere in the body. Tissues that force this pressure range from bones and tendons to muscles and cartilage. This added pressure can cause many symptoms, including pain, numbness, tingling and weakness.

Surgery is on occasion needed to fix nerve problems, however these are hardly due to natural causes. Pinched nerves are generally naturally occurring and easy to relieve without the help of surgery.

Nerve pain is a result of inflammation and pressure and can be fixed by resolving one of the two issues. The easiest way to heal a nerve is by giving it time to heal and not using the area affected by the nerve as much.

A good way to quicken the healing process is by increasing blood flow. This can be done by getting regular exercise. Exercise increases heart rate which in turn increases blood flow, allowing for quicker healing. If you would like to increase blood flow to deep tissues, try using an ice pack. This will also reduce swelling in the area to which you apply the ice.

Dr. Jeff Cottingham offers chiropractic manipulation that will help stretch the muscles, loosen them and reduce muscle spasms. This will relieve pain and allow ease of mind that exercise will be fairly pain free, allowing you to increase blood flow and heal any damage done to a nerve at a faster rate.

About the Author

[Dr. Jeff Cottingham](http://www.cottinghamchiro.com) specialises in the relief of pinched nerves and other chiropractic issues. More info now on <http://www.cottinghamchiro.com>

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