



San Jose Chiropractic Center, Crossroads Health Center, Announces Five-Step Protocol for Neck and Lower Back Pain Relief

Crossroads Health Center, located in the San Jose area, discusses its five-step protocol for neck and lower back pain relief.

Campbell, CA ([PRWEB](#)) October 04, 2011 -- Campbell's Crossroads Health Center's chiropractic center, headed by Dr. Thomas Ferrigno, offers the latest cutting edge technology in the non-surgical treatment of serious chronic neck, lower back pain and sciatica nerve pain. It has introduced a five-step protocol in relieving neck and [lower back pain](#).

"Our revolutionary, five-step program is helping patients throughout the Bay Area relieve their symptoms of back and neck pain, improving their quality of life and helping them enjoy activities that they haven't been able to do since their pain began," said Dr. Ferrigno of Crossroads Health Center. "We have even helped patients in the more severe amount of pain, who have had pain for many years."

Crossroads Health Center's five-step protocol includes deep tissue laser therapy, spinal decompression, nutrition, chiropractic adjustments and stretching and strengthening. The treatment has emerged as a leading non-invasive, non-drug solution for back and neck pain.

Dr. Ferrigno, not only uses traditional chiropractic treatments, but has found that spinal decompression therapy and deep tissue laser therapy are effective at relieving symptoms. Spinal decompression is a non-invasive procedure in which the patient's spine is gently stretched according to the patient's body weight, severity and area to be targeted. This technique results in reducing disc bulges or stimulates repair of degenerated discs. The result is pain relief. This comfortable treatment is used after careful examination, which includes X-rays and, sometimes, an MRI.

Crossroads Health Center, [chiropractic center](#), offers the latest cutting edge technology in the non-surgical treatment of serious chronic neck, lower back pain and sciatica nerve pain. Its commitment to offering the highest quality treatments available expanded when the FDA cleared spinal decompression technology for the treatment of the neck and back pain, sciatica, facet syndrome and many other causes of pain.

For more information on Crossroads Health Center and its services, call (408) 340-7234 or visit www.southbay-backpain.com. They are located at 420 Marathon Drive, Campbell, CA. 95008.

About Crossroads Health Center

The Crossroads Health Center, serving San Jose, Campbell and beyond, utilizes non-surgical and non-invasive technology known across the world as spinal decompression therapy. Spinal decompression was developed by a specialized team of physicians and medical engineers, for the treatment of lower back pain and sciatica nerve pain. Clinically spinal decompression alone has shown to have an excellent success rate. Crossroads Health Center specializes in herniated and bulging lumbar discs with or without complications, degenerative disc disease, relapse or failure following surgery with single or multiple levels of herniation, facet syndromes, and [sciatica nerve pain](#).

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