

roxbury spine and wellness clinic lawrence clayman dc

Roxbury Spine and Wellness Clinic: Lawrence Clayman DC - Your Path to Pain Relief

Are you suffering from back pain, neck pain, headaches, or other musculoskeletal issues? Finding the right chiropractor can feel overwhelming, but what if I told you there's a clinic dedicated to providing comprehensive, personalized care in a supportive environment? This blog post is your guide to Roxbury Spine and Wellness Clinic and Dr. Lawrence Clayman, DC, exploring the services they offer, their approach to patient care, and why they're a leading choice for residents of the area. We'll delve into what makes them stand out, helping you determine if they are the right fit for your healthcare journey.

Understanding Roxbury Spine and Wellness Clinic

Roxbury Spine and Wellness Clinic, led by Dr. Lawrence Clayman, DC, isn't your average chiropractic practice. It's a center built on a foundation of holistic care, addressing the root cause of your pain rather than just treating the symptoms. This philosophy sets them apart, offering a more comprehensive and long-lasting approach to wellness. Instead of simply cracking backs, they take a detailed look at your entire body, considering lifestyle factors, posture, and overall health to create a personalized treatment plan.

Dr. Lawrence Clayman DC: A Leader in Chiropractic Care

Dr. Clayman's extensive experience and dedication to his patients are the cornerstones of Roxbury Spine and Wellness Clinic's success. He brings a wealth of knowledge and a compassionate approach to every patient interaction. His commitment to staying current with the latest advancements in chiropractic techniques ensures that patients receive the most effective and up-to-date care. Dr. Clayman's philosophy emphasizes patient education, empowering individuals to take an active role in their own healing journey.

Services Offered at Roxbury Spine and Wellness Clinic

Roxbury Spine and Wellness Clinic offers a wide range of services designed to address various musculoskeletal issues. These include, but are not limited to:

Chiropractic Adjustments: Gentle, precise adjustments to restore proper spinal alignment and reduce pain.

Spinal Decompression Therapy: A non-surgical treatment option for relieving pressure on the spinal nerves.

Massage Therapy: Targeted massage techniques to alleviate muscle tension and promote relaxation.

Physical Therapy Modalities: Utilizing tools like ultrasound, electrical stimulation, and heat/ice therapy

to accelerate healing.

Nutritional Counseling: Guidance on dietary choices that support overall health and well-being.

Rehabilitation Exercises: Personalized exercises to strengthen muscles, improve flexibility, and prevent future injuries.

The Roxbury Spine and Wellness Clinic Approach: A Holistic Perspective

What truly distinguishes Roxbury Spine and Wellness Clinic is their holistic approach. They don't just treat the symptoms; they investigate the underlying causes of your pain. This comprehensive approach considers various factors influencing your health, including:

Postural Assessment: Identifying postural imbalances that may contribute to pain.

Lifestyle Evaluation: Assessing lifestyle habits such as diet, exercise, and stress levels.

Biomechanical Analysis: Examining the way your body moves to identify movement patterns that may be causing or exacerbating pain.

Diagnostic Imaging Review: Collaborating with other healthcare professionals to interpret diagnostic imaging (X-rays, MRIs) and ensure accurate diagnosis.

This multifaceted evaluation allows Dr. Clayman to create a customized treatment plan tailored to your specific needs and goals.

Patient Testimonials and Reviews

(This section would ideally include several positive patient testimonials and reviews. You could quote directly from online reviews with permission, or paraphrase them to maintain privacy while conveying the positive experience.) For example: "Dr. Clayman and his team were incredibly helpful in relieving my chronic back pain. I felt heard and understood, and the treatment plan was truly effective." or "The atmosphere at the clinic is welcoming and relaxing. I always feel comfortable and well-cared for."

Why Choose Roxbury Spine and Wellness Clinic?

Choosing a healthcare provider is a significant decision. Roxbury Spine and Wellness Clinic distinguishes itself through:

Personalized Care: Individualized treatment plans based on your unique needs.

Experienced and Compassionate Care: Dr. Clayman's expertise and warm demeanor create a comfortable environment.

Holistic Approach: Addressing the root cause of pain, not just the symptoms.

Comprehensive Services: A wide range of services under one roof for convenient care.

Convenient Location: (Mention the clinic's location and accessibility.)

Scheduling Your Appointment

Ready to experience the difference at Roxbury Spine and Wellness Clinic? Contact them today to schedule a consultation. You can find their contact information on their website [Insert Website

Address Here]. Don't let pain control your life any longer – take the first step towards a healthier, happier you.

Conclusion

Roxbury Spine and Wellness Clinic, under the expert care of Dr. Lawrence Clayman, DC, offers a superior approach to chiropractic care. Their commitment to holistic treatment, personalized plans, and compassionate care makes them a top choice for those seeking relief from musculoskeletal pain. By addressing the root cause of your discomfort and providing comprehensive support, they empower you to regain control of your health and well-being. Contact them today and begin your journey towards a pain-free life.

Frequently Asked Questions (FAQs)

Q1: Does Roxbury Spine and Wellness Clinic accept insurance?

A1: Please contact the clinic directly to inquire about insurance coverage. They can verify whether your specific plan is accepted.

Q2: What are the clinic's hours of operation?

A2: The clinic's hours are typically [Insert Clinic Hours Here], but it's always best to call ahead to confirm or schedule an appointment.

Q3: What should I bring to my first appointment?

A3: Bring your insurance card (if applicable), a list of current medications, and any relevant medical records. It's also helpful to jot down any questions you may have.

Q4: Is there parking available at the clinic?

A4: [Insert information about parking availability, e.g., "Yes, there is ample free parking available in front of the clinic."]

Q5: What if I need to reschedule or cancel my appointment?

A5: Contact the clinic as soon as possible to reschedule or cancel your appointment. They have a cancellation policy which they will explain when scheduling your appointment.

roxbury spine and wellness clinic lawrence clayman dc: The Encyclopedia of Complementary and Alternative Medicine Tova Navarra, 2004 More than four hundred alphabetically arranged entries provide information on various types of alternative, complementary, and integrative healing methods.

roxbury spine and wellness clinic lawrence clayman dc: Can We Talk? Daniel M. Shea, Morris P. Fiorina, 2013 To many, the angry protestors at town hall meetings, the death threats toward politicians, the inflammatory language online and over the airwaves, and the language of politician themselves are making America politics an ugly, mean-spirited, and nasty affair. Can We

Talk? presents a dream team of scholars and journalists who ask: Is politics really as nasty as many news commentators perceive? What are forces are changing the political discourse and who is to blame? How will this change transform the very nature of our democracy? Civility in politics is one of the great issues of our day, making *Can We Talk?* a must-read for all students of American government.

roxbury spine and wellness clinic lawrence clayman dc: LET'S VOTE Daniel M. Shea, 2013-03-18 This is the eBook of the printed book and may not include any media, website access codes, or print supplements that may come packaged with the bound book. Debuting in its first edition, *Let's Vote: The Essentials of the American Electoral Process*, provides a timely account of the key features of the American electoral system. The text extends its coverage beyond parties-related topics to other election-centered issues, such as the role of the Internet in modern campaigning, the rise of new-style campaign consultants, the import of negative campaign advertising, and the rise of "new media."

roxbury spine and wellness clinic lawrence clayman dc: Radical Healing Rudolph Ballentine, 1999 This extraordinary book offers nothing less than a new vision of medical care. Rudolph Ballentine, M.D., has created a unique, integrative blending of the primary holistic schools of healing that is far more potent than any one of these alone. Like Deepak Chopra and Andrew Weil, Rudolph Ballentine is a medical doctor who became intrigued by the workings of mind-body medicine and looked beyond the West in his search for understanding. Drawing on thirty years of medical study and practice, Dr. Ballentine has accomplished a singular feat: integrating the wisdom of the great traditional healing systems--especially Ayurveda, homeopathy, Traditional Chinese Medicine, European and Native American herbology, nutrition, psychotherapy, and bodywork. Melded together, the profound principles buried in these systems become clearer and stronger, and a new level of effectiveness becomes possible. Healing and reorganization are accelerated and deepened--physically, emotionally, and spiritually. The result is transformation. The result is radical healing. *Radical Healing* harnesses nature's medicinals--plants and other natural substances--with commonsense essentials such as diet, exercise, and cleansing, as well as the most profound principles of spiritual and psychological transformation. In Dr. Ballentine's synthesis, illness is an opportunity for growth that can go far beyond recovery. Through radical healing old habits and attitudes that supported the development of disease fall away, to be replaced by the clarity that comes with a whole new way of being in the world.

roxbury spine and wellness clinic lawrence clayman dc: Between Heaven and Earth Harriet Beinfield, Efrem Korngold, 2013-12-18 "Comprehensive, encyclopedic, and lucid, this book is a must for all practitioners of the healing arts who want to broaden their understanding. Readers interested in the role of herbs and foods in healing will also find much to learn here, as I have. . . . A fine work."—Annemarie Colbin, author of *Food and Healing* The promise and mystery of Chinese medicine has intrigued and fascinated Westerners ever since the "Bamboo Curtain" was lifted in the early 1970s. Now, in *Between Heaven and Earth*, two of the foremost American educators and healers in the Chinese medical profession demystify this centuries-old approach to health. Harriet Beinfield and Efrem Korngold, pioneers in the practice of acupuncture and herbal medicine in the United States for over eighteen years, explain the philosophy behind Chinese medicine, how it works and what it can do. Combining Eastern traditions with Western sensibilities in a unique blend that is relevant today, *Between Heaven and Earth* addresses three vital areas of Chinese medicine—theory, therapy, and types—to present a comprehensive, yet understandable guide to this ancient system. Whether you are a patient with an aggravating complaint or a curious intellectual seeker, *Between Heaven and Earth* opens the door to a vast storehouse of knowledge that bridges the gap between mind and body, theory and practice, professional and self-care, East and West. "Groundbreaking . . . Here at last is a complete and readable guide to Chinese medicine."—San Francisco Chronicle

roxbury spine and wellness clinic lawrence clayman dc: Illustrated Encyclopedia of Healing Remedies C. Norman Shealy, 2009-09 This comprehensive volume covers ayurveda, aromatherapy, vitamins and minerals, flower essences, Chinese herbal medicine, folk remedies,

herbalism and homeopathy. Explains which ailments the therapies treat most effectively.

roxbury spine and wellness clinic lawrence clayman dc: Timeless Healing Herbert Benson, 2009-07-07 Learn how the mind shapes the body, and take charge of your health and wellness with the science and power of belief. In this life-changing book, Dr. Herbert Benson draws on his twenty-five years as a physician and researcher to reveal how affirming beliefs, particularly belief in a higher power, make an important contribution to our physical health. We are not simply nourished by meditation and prayer, but are, in essence, wired for God. Combining the wisdom of modern medicine and of age-old faith. Dr. Benson shows how anyone can, with the aid of a caring physician or healer, use their beliefs and other self-care methods to heal over 60 percent of medical problems. As practical as it is spiritual, Timeless Healing is a blueprint for healing and transforming your life.

roxbury spine and wellness clinic lawrence clayman dc: Alternative Medicine Larry Trivieri, Jr., John W. Anderson, 2002 21st Century Science Collection.

roxbury spine and wellness clinic lawrence clayman dc: **Head First** Norman Cousins, 1989 Discusses evidence that positive attitudes enhance the human immune system and that hope, love, laughter, and determination can help combat serious disease

Additional Resources

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