

FAQ Page Content:

1. What services does Humiston Family Chiropractic offer?

We offer comprehensive chiropractic and wellness care, including chiropractic adjustments, on-site X-ray imaging, corrective exercise programs, home exercise instruction, custom orthotics, nutritional counseling, ergonomic guidance, lifestyle coaching, and community health presentations.

2. What conditions can chiropractic care help with?

Chiropractic care can help relieve back pain, neck pain, headaches, joint discomfort, muscle tension, posture issues, repetitive stress injuries, and injuries from auto accidents or daily activities by addressing the root cause of the problem.

3. How do chiropractic adjustments work?

Chiropractic adjustments gently restore proper movement and alignment to the spine and joints. This helps reduce pain, improve mobility, and support the nervous system so your body can heal more efficiently.

4. Do you provide X-rays in your office?

Yes. We offer on-site digital X-ray imaging when needed to better understand spinal alignment, past injuries, or degenerative changes and to create the most effective care plan for you.

5. What are corrective exercises and why are they important?

Corrective exercises are customized movements designed to strengthen supportive muscles, improve posture, and help your adjustments last longer. They play an important role in long-term stability and injury prevention.

6. What does nutritional counseling include?

Nutritional counseling focuses on whole-food nutrition, healthy lifestyle choices, and high-quality supplement recommendations tailored to your individual needs to support healing and overall wellness.

7. Do you offer custom orthotics?

Yes. We provide custom orthotics to help improve foot alignment, balance, and gait, which can reduce stress on the knees, hips, and spine and support better overall posture.

8. How can chiropractic care improve overall health?

Chiropractic care supports proper nervous system function, improves mobility, enhances

posture, and promotes better movement patterns, all of which contribute to improved overall health and quality of life.

9. What should I expect during my first visit?

Your first visit includes a detailed health history, physical examination, and X-rays if necessary. We then review our findings with you and recommend a personalized care plan based on your goals and needs.

10. Why are home exercises important in my treatment plan?

Home exercises help reinforce in-office care by strengthening muscles, improving flexibility, and maintaining proper alignment between visits, which can lead to faster and longer-lasting results.

11. Do you offer lifestyle and ergonomic guidance?

Yes. We provide guidance on posture, daily habits, and ergonomic products such as pillows and supports to help reduce strain and prevent future discomfort at work and at home.

12. Do you offer community health presentations or screenings?

Yes. We offer free spinal health workshops, postural screenings, and educational presentations for local groups, businesses, and community events to promote better long-term health awareness.

Content for sciatica relief

Sciatica Relief in Hendersonville, NC

Sciatic nerve pain often causes sharp, burning, or radiating discomfort that travels from the lower back through the hips and down the leg. This pain is commonly triggered by spinal misalignment, disc issues, muscle tension, or prolonged sitting. Left untreated, sciatica can interfere with daily activities like walking, working, and sleeping.

At **Humiston Family Chiropractic**, we focus on identifying the underlying cause of your sciatic pain rather than masking symptoms. Our chiropractic approach helps reduce pressure on the sciatic nerve, improve spinal alignment, and restore healthy movement patterns that support long-term relief.

Care may include gentle chiropractic adjustments, corrective exercises, and posture guidance tailored to your needs. This natural, non-invasive approach is designed to reduce pain, improve mobility, and help you return to your normal routine comfortably. If you are looking for effective sciatica relief in Hendersonville NC, our team is here to help.