

# Back on Track

Not just for achy back pain, Dr. Salvator Tocco of Tocco Chiropractic & Rehabilitation discusses chiropractic benefits for overall wellness.

### Q. What is chiropractic rehabilitation?

**A.** It's a specialty within chiropractic care that requires extensive study and certification in rehabilitative exercise, says Dr. Salvator Tocco of Tocco Chiropractic & Rehabilitation in North Olmsted. Tocco is board certified in chiropractic rehabilitation and takes a comprehensive approach to treating patients' musculoskeletal and joint disorders. 'Having this type of specialty allows me to treat patients who have recently undergone total joint replacements of shoulders and knees,' he says. 'By working closely with orthopedic surgeons and other medical providers, we can bring about a quick recovery to their conditions.'

### Q. What is the chiropractic musculoskeletal approach?

**A.** Chiropractic care is proven effective in the treatment of many musculoskeletal ailments. We feel the spine is the neural-transportation system for all. There is a connection between the nerve and tissue, muscle and bone that requires a covenant path of care.

### Q. Who is an ideal candidate for chiropractic rehabilitation?

**A.** Any person trying to improve their performance on and off the athletic field. A chiropractor is not just for sore

and aching backs. 'In my office, chiropractic is a total wellness approach to care that includes nutritional, strengthening, conditioning and stress reduction,' Tocco says. He has been on staff at Lutheran Hospital since 1999 and has taken an active role in the hospital's spine center. 'Everyone is a candidate and many people would benefit from regular visits to the chiropractor because it helps keep structural alignment, revitalizes and re-energizes your well-being.'

### Q. What kind of injuries do you typically see at your office?

**A.** We see many patients suffering from work-related back injuries, whiplash disorders from motor-vehicle accidents and a good deal of sports injuries with muscular and joint disorders.

Other times patients come in with chronic disorders such as spinal disc herniations, undiagnosed torn rotator cuffs, and knee and degenerative conditions.

'The most prevalent injuries we treat are people who have discogenic pain, meaning chronic recurrent lower back or neck pain from previous injuries to their disc, and some who have suffered with



Dr. Salvator Tocco  
of Tocco Chiropractic & Rehabilitation  
in North Olmsted

the pain for five or 10 years,' he says. 'Whatever the condition is we are excited when we make the appropriate diagnosis; treat the cause not just the pain.'

In some cases, patients are referred to orthopedic specialists for surgical intervention after which they can undergo a rehabilitative program, which will help them to regain their strength and increase their performance in the shortest amount of time possible.

### Q. How do regular visits to a chiropractor promote healthy healing?

**A.** With a goal of providing our patients with the highest quality of wellness care available, we promote nutrition, diet and rehabilitative exercise in our practice. We also offer complete chiropractic care including chiropractic adjustments, physiotherapy and diagnostic X-ray imaging, as well as massage therapy, spinal and postural evaluations. All of these components work to balance and stabilize the body, mind and spirit for a healthy lifestyle. ■

