Back pain is one of the most common reasons people in north Broward County pick up the phone and look for a chiropractor. It can show up after a weekend of yard work, a long day at a desk, a round of golf, or for no obvious reason at all. At McNamara Chiropractic Center on North Federal Highway in Lighthouse Point, back pain is one of the main conditions Dr. Carol McNamara-Krauss, DC evaluates and treats.

This article explains, in general terms, how the practice approaches back pain, what a first visit typically involves, and which non-surgical options may be discussed. It is general information, not a diagnosis, and it does not replace a personal evaluation.

Why back pain deserves a proper look

"Back pain" is a description, not a diagnosis. The same ache in the lower back can come from irritated joints, tight or strained muscles, a disc problem, or pressure on a nerve. Each of those may call for a different plan. That is why the team at McNamara Chiropractic Center starts with a conversation and an examination rather than a one-size-fits-all routine.

During a first visit, Dr. McNamara asks about when the pain started, what makes it better or McNamara Chiropractic Center chiropractor Pompano Beach worse, how it affects work and sleep, and what has already been tried. She then examines how the spine and joints move. The aim is to understand where the problem is coming from and to explain her findings in plain language.

Honest answers before any commitment

One thing the practice emphasizes is honesty. Dr. McNamara will tell a patient directly whether she thinks chiropractic care is a good fit for their situation. If something in the history or exam suggests another type of provider should be involved, she will say so. Patients do not need a referral to schedule an evaluation; they can call **(954) 902-6371** directly.

Non-surgical options that may be part of a plan

Every plan is personalized, but the tools available at the office include:

- **Chiropractic adjustments** – hands-on adjustments intended to restore joint motion in the spine.
- **Spinal decompression** – Antalgic-Trac® decompression, which gently unloads the spine and is often discussed when disc pressure or nerve irritation is suspected.
- **Class IV laser therapy** and **shockwave therapy** – advanced therapies that may be used for certain soft-tissue problems. The office does not apply laser and shockwave to the same area.
- **Therapeutic ultrasound** and **massage therapy** – supportive therapies, with massage provided in-office by Dawn Marie Teufel, LMT.
- **Foot Levelers custom orthotics** – sometimes considered when foot mechanics may be contributing to strain further up the body.

Not every patient needs every therapy. Dr. McNamara explains what she recommends and why, so patients can make an informed decision.

Everyday habits that matter

Care in the office is only part of the picture. Many people find their back feels better when they pay attention to daily habits: getting up from the desk regularly, lifting with the legs instead of the back, staying active with walking or swimming, and setting up a supportive sleep position. During visits, patients can ask the team for general suggestions that fit their own routine and activity level.

When to seek urgent care instead

Some symptoms should not wait for a chiropractic appointment. Back pain that comes with loss of bladder or bowel control, numbness in the groin area, sudden weakness in the legs, fever, or pain after a serious fall or crash should be checked by emergency medical services right away.

Visiting the office

McNamara Chiropractic Center is at 3320 N Federal Hwy, Lighthouse Point, FL 33064, on US-1 between Sample Road and Copans Road. The office shares a building with a State Farm office and sits directly across from Publix. Parking is free and on-site in front of the building, and the entrance is on the side. Patients regularly come from Pompano Beach, Deerfield Beach, Hillsboro Beach and other nearby communities.

If back pain is getting in the way of work, sleep or the activities you enjoy, you can learn more about the practice at mcnamarachirocenter.com or call (954) 902-6371 to ask about an evaluation.

This article is general information and is not medical advice. Individual results vary, and a personal evaluation is needed to determine whether chiropractic care is appropriate for you.

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Phone: (954) 902-6371
https://mcnamarachirocenter.com/

Searching for non-surgical back, neck or joint pain care in Lighthouse Point? McNamara Chiropractic Center is at 3320 N Federal Hwy, Lighthouse Point, FL 33064, on US-1 across from Publix. Call (954) 902-6371 to ask about an evaluation. This content is general information, not medical advice.