FREE PATIENT GUIDE

Neck or Back Pain That Keeps Coming Back?

Understand your symptoms. Explore nonsurgical options.
Know what to expect before you make an appointment.



Helping People Get Back to the Life They Miss



Dr. Christopher T. Cordima, DC, BCN

Practicing since 1988.
Board Certified in Chronic Intractable Pain & Neuropathy.

Schedule your neck or back evaluation

617-629-2600

Book online

START WITH WHAT MATTERS

You want your life back.

Maybe you brace yourself before getting out of bed. Maybe driving, gardening, or lifting a grandchild has become something you worry about. Pain can make ordinary days feel like hard work.

Sleep more comfortably

Less time searching for a position that feels right.

Turn with confidence

A more comfortable drive or glance over your shoulder.

Move through your day

Walk, work, or enjoy time with the people you love.

Sit with more ease

Dinner, desk work, and getting up from a chair.



Meet Dr. Cordima

Dr. Christopher T. Cordima, DC, BCN
Practicing since 1988. Palmer Chiropractic College graduate.
Board Certified in Chronic Intractable Pain & Neuropathy.

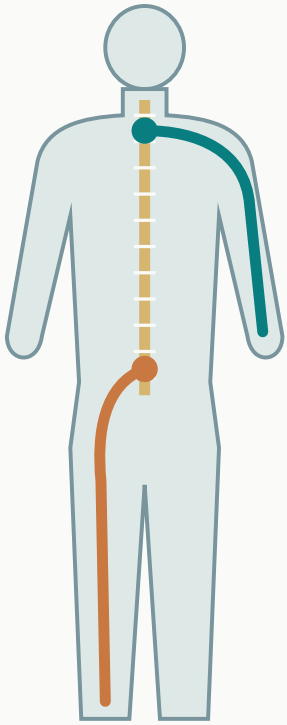
My approach starts with listening: what hurts, what you have tried, and what you want to get back to doing. An examination helps me explain whether care here fits your needs. If you need another kind of care, I will tell you.

What is one thing you would like to do more comfortably?

UNDERSTAND YOUR SYMPTOMS

Why pain can travel.

Where you feel pain is a clue. Your history and examination help explain what may be contributing.



Simplified symptom paths.
Not a diagnosis or an exact nerve map.

Neck into shoulder or arm

An irritated nerve in the neck can cause arm pain, tingling, numbness, or weakness. This is often called a pinched nerve. [1]

Low back into buttock or leg

Sciatica can cause burning, shooting pain, tingling, or numbness down a leg. New weakness needs prompt assessment. [2]

Pain in the neck or back

Muscles, joints, discs, and other tissues may contribute. Pain location alone does not identify the cause. [1,3]

A scan is one part of the picture.

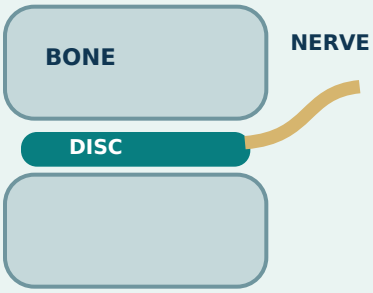
Some people have disc changes without pain. We consider imaging alongside your symptoms and exam, and discuss testing when it is likely to affect your care. [1,6]

You do not have to figure out the diagnosis before you call.

YOUR CARE OPTIONS

A plan built around you.

Different findings call for different care. The goal is better comfort and daily function, with a clear reason for each recommendation.



Simplified illustration; not to scale.

Movement and support work together.

Think of a door hinge: stiffness and looseness need different solutions. Your spine is more complex, but the same idea explains why we assess both movement and support.

Chiropractic adjustments and joint mobilization

Controlled joint techniques may help ease pain and improve appropriate movement. Technique choice considers your findings, comfort, and preferences. [4]

Muscle and soft tissue care

Hands-on care may help manage muscle tenderness and tension as part of a broader plan that includes movement and exercise. [6]

Exercise, rehabilitation, and home guidance

Exercises are selected for your tolerance and goals, including strength and movement control. We review your response and change the plan when needed. [6]

Progress means more than a pain number: sleep, walking, sitting, and the activities you value matter too.

ADDITIONAL TREATMENT OPTIONS

More options. One clear purpose.

When appropriate, additional therapies can support your plan. Your evaluation comes first; every patient does not need every treatment.

Laser or light therapy

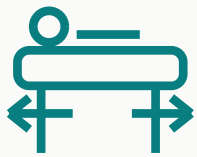


LIGHT

Our office offers laser and light options, including red light, infrared, cold laser, and Class 4 laser. Treatment uses selected wavelengths of light applied to a targeted area.

The goal: help manage discomfort so everyday movement feels more manageable. The type of light, treatment area, and settings depend on your needs. We explain its role alongside your other care. [5]

Non-surgical spinal decompression



LOW BACK

This treatment uses controlled mechanical traction, or gentle pulling, applied through specialized equipment. We may consider it for selected low-back symptoms after reviewing your findings and health history.

What to expect: settings are chosen around your tolerance. Tell us about any change in symptoms. It is not suitable for everyone, and results vary.

Which options fit your situation?

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YOUR FIRST VISIT

Know what happens next.

An evaluation gives us a starting point: understand your concerns, examine the problem, and explain your options.

New-patient appointments are reserved for one hour.

01

Tell us your story.

When did it start? What makes it better or worse? What have you already tried? Bring the questions and daily-life goals that matter to you.

02

Get an examination.

We assess movement and relevant muscle, joint, strength, and nerve findings. Your history and exam help determine whether testing or referral is needed.

03

Understand your next step.

If care here is appropriate, we explain the recommended approach and how progress will be reviewed. Ask about the proposed visit schedule and fees before starting care.

Bring these if you have them

Medication and supplement list; relevant imaging or test reports; insurance information; and a short note about what you want to do more comfortably.

QUESTIONS BEFORE YOU CALL

Good questions deserve answers.

What if other treatments have not helped?

Tell us what you tried and how you responded. That history helps us evaluate your options, including whether a different type of care is needed.

What will it cost?

Call for the current evaluation fee and what it includes. Ask about any separate testing or therapy charges, and request an estimate for recommended care.

Will insurance cover my care?

Benefits depend on your plan and the service. Chiropractic adjustments and additional therapies can have different coverage. Ask our team to help check your benefits.

How many visits will I need?

The examination helps guide a proposed schedule. We review your response and daily function; your plan should change when your needs or progress call for it.

What if I am nervous about adjustments?

Tell Dr. Cordima. Discuss technique options, expected sensations, benefits, risks, and alternatives before agreeing to care.

Will I receive treatment on the first visit?

Evaluation comes first. Whether treatment is appropriate that day depends on your findings and the discussion with Dr. Cordima. Ask when you book.

A few words from patients

"Dr. Cordima listened to my concerns with sincere sympathy"

Mallory P. | Published patient comment

"He explains everything, so I feel well-informed and comfortable with all aspects."

Kasey F. | Published patient comment

Excerpts from our website. Individual experiences; results vary. [9]

BETWEEN VISITS

Small steps between visits.

Ask which activities fit your needs. A few practical habits can make your plan easier to follow.

Keep some comfortable movement

For many common back-pain problems, staying active is preferable to prolonged bed rest. Ask how to pace activities and which exercises fit you. [3]

Change positions and pace tasks

Break up long periods at a desk or in the car. If neck movement is too limited for safe driving, wait until it is safe or arrange another ride. [7]

Notice what is changing

Track sleep, sitting, walking, and arm or leg symptoms. Report new or worsening symptoms so your plan can be reviewed.

Know when to seek urgent help.

Emergency symptoms: seek emergency care or call 911.

New bladder or bowel problems; numbness around the groin or anus; or new symptoms in both legs, especially severe or worsening weakness or numbness, need emergency assessment. So do new trouble walking, sudden loss of coordination, chest pain, stroke signs, or pain after serious trauma. [2,3,8]

Get prompt medical advice: rapidly worsening pain, fever or feeling unwell, or new or increasing arm or leg weakness. Tell your clinician about a cancer history or unexplained weight loss. [3,8]

SOURCES AND TREATMENT CONSIDERATIONS

Sources and informed choices.

Research supports some approaches for selected neck and back conditions. Evidence differs by treatment, diagnosis, and study. No study guarantees your result.

01 AAOS: Cervical radiculopathy (pinched nerve)

02 NHS: Sciatica

03 NHS: Back pain

04 NCCIH: Spinal manipulation - benefits and risks

05 AHRQ: Noninvasive treatments for chronic pain (2020)

06 NICE NG59: Low back pain and sciatica recommendations

07 NHS: Neck pain

08 NHS: Cervical spondylosis and urgent warning signs

09 Patient comment excerpts: Cordima clinic website

10 First-visit length and booking: Cordima schedule page

11 Doctor biography: Cordima about page

How to read the evidence

Exercise and selected manual therapies have support for some neck and back conditions. Low-level laser research does not establish the benefits of every laser or light device. NICE advises against traction for low-back pain with or without sciatica; ask about the evidence and alternatives if decompression is proposed. Studies of individual therapies do not establish results for our combined program. [4-6]

Benefits, risks, and your choices

Temporary soreness can follow manual treatment. Rare serious neurological or vascular problems have been reported, particularly with neck manipulation. We discuss benefits, risks, and alternatives before care. This guide is educational, and results vary. Do not change prescribed medicines without your prescriber. [4]

Lifestyle image is illustrative. Diagrams are simplified and are not equipment photos.

YOUR NEXT STEP

Find out what care could look like for you.

You do not have to choose a treatment before you call.



Tell me what you want to get back to doing.

I will listen, examine your concerns, and explain whether care here fits your needs - or help you understand another next step.

Dr. Christopher T. Cordima, DC, BCN

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Tap the number to call.

Visit our Somerville office

707 Broadway, Somerville, MA 02144

Monday-Thursday: 10 AM-12 PM and 2-6 PM
By appointment only. Friday-Sunday: closed.

Scan to book

somervillechiropractor.com/schedule/