

## (Dr Gholam Sarwar)Best Neck Pain Treatment Doctors In Delhi

Dr. Gholam Sarwar is known as one of the most trusted and experienced physiotherapy and pain management specialists in Delhi, offering advanced treatment solutions for neck pain, [Back Pain Doctor in Dwarka](#), and spine-related disorders. With a strong clinical background, patient-focused care, and holistic rehabilitation methods, Dr. Sarwar has helped thousands of patients return to pain-free daily activities. He focuses on identifying the root cause of pain rather than just treating symptoms, making his treatment approach highly result-oriented and safe.

Neck pain today has become common because of working on laptops, prolonged screen exposure, muscular stiffness, cervical disc issues, and poor posture. [Dr. Gholam Sarwar](#) provides highly tailored treatment techniques such as cervical mobilization, ergonomic correction, posture retraining, chiropractic alignment, strengthening exercises, manual therapy, and dry needling (where suitable). His treatment is especially beneficial for patients suffering from acute as well as chronic neck discomfort.

Dr. Gholam Sarwar also treats a wide range of back pain-related disorders that affect mobility and daily comfort. Conditions commonly managed under his care include:

- ✓ **Cervical Spondylosis**
- ✓ **Lumbar Spondylosis**
- ✓ **Sciatica Pain**
- ✓ **Herniated Disc / Slipped Disc**
- ✓ **Muscle Tightness & Spasm**
- ✓ **Facet Joint Dysfunction**
- ✓ **SI Joint Pain**
- ✓ **Posture-related Back Pain**
- ✓ **Degenerative Disc Disease**

- ✓ **Upper Back Pain due to Stress & Muscle Imbalance**
- ✓ **Lower Back Strain from Daily Activities**
- ✓ **Post-Injury Back Pain & Trauma-Related Issues**

His physiotherapy & chiropractic-based treatment approach focuses on spinal alignment, muscle balance, nerve decompression, and functional recovery. For slipped disc-related pain, Dr. Sarwar follows evidence-based conservative rehabilitation, which helps many patients avoid long-term medication or invasive procedures. His treatment sessions also emphasize strengthening core muscles, stabilizing the spine, and improving flexibility so that patients gain long-term relief.

One of his greatest strengths is providing complete guidance related to lifestyle, posture awareness, workstation modification, and long-term preventive care. Patients appreciate his personalized assessment style, structured recovery planning, and continuous follow-up approach.

From young adults working on computers to elderly patients with degenerative spine problems, Dr. Gholam Sarwar has become a reliable name in Delhi for lasting pain recovery. Patients experiencing stiffness, nerve-related symptoms, radiating pain in arms or legs, tingling sensations, or mobility limitations often see remarkable improvement under his treatment plan.

For anyone looking for comprehensive, safe, and effective neck and back pain rehabilitation, Dr. Gholam Sarwar is widely recognized as one of the best specialists in Delhi, offering expert care with dedication and professional excellence.