



Be Aligned Health Offers Pediatric Chiropractic Care in Delaware County, OH

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Be Aligned Health provides pediatric chiropractic care in Delaware County, OH. The clinic offers age-appropriate chiropractic evaluations and care that focus on how children move and function during growth. According to the clinic, the primary aim is to assess spinal motion and support the development of healthy movement patterns.

Children's bodies experience ongoing physical demands from falls, sports, backpacks, prolonged sitting, and natural growth. These activities place repeated stress on the spine and nervous system. The clinic's clinical philosophy holds that restricted joint motion can influence the quality of sensory information the nervous system receives, which may affect coordination, balance, and posture over time. General research on childhood physical activity shows that establishing healthy movement habits early can contribute positively to lifelong musculoskeletal health.

At Be Aligned Health, pediatric care centers on evaluating spinal motion, posture, and functional patterns. Practitioners assess how a child's spine is moving and whether the body is adapting to the physical demands of childhood. The clinic states that a child does not need to be experiencing pain to receive a spinal

evaluation. Care is presented as a wellness and developmental support option rather than a response limited to active symptoms.

The clinic's website describes its pediatric approach as focused on supporting spinal alignment and posture in infants and children and encouraging healthy growth and movement. These descriptions reflect the clinic's clinical orientation and experience. Care plans are individualized and use techniques appropriate to the child's age and developmental stage.

This pediatric focus is integrated with the clinic's 5 Essentials framework, which combines core chiropractic care with attention to nutrition, mindset, exercise, and toxin reduction. These elements are used to create broader wellness support for growing children and their families.

Scoliosis can develop gradually during growth spurts and frequently presents without pain in early stages. Be Aligned Health offers scoliosis evaluations that may include posture and spinal assessment, scoliosis-specific screening, and personalized recommendations when indicated. The clinic notes that common postural observations—such as uneven shoulders, a prominent shoulder blade, uneven hips, leaning to one side, or a rib prominence during a forward bend—can prompt a professional evaluation. Early assessment is presented as a means of identifying changes that may benefit from monitoring or further guidance.

Dr. Lee Thomas, Doctor of Chiropractic and founder of Be Aligned Health, commented on the clinic's pediatric approach. "A child does not need to be in pain to benefit from a spinal evaluation. We look at how the spine is moving and whether the body is adapting well to the demands of childhood so healthy movement patterns can develop."

Dr. Thomas Marks, Doctor of Chiropractic at Be Aligned Health, added perspective on developmental support. "Our focus is helping children move well and build a strong foundation for the years ahead by assessing joint motion and functional patterns."

Dr. Marks holds a Doctorate of Chiropractic from Life University with training that includes pediatric care. He previously served in the U.S. Air Force and earned an economics degree from The Ohio State University. Dr. Lee Thomas earned a degree in human biology and microbiology from Ohio State University in 2008, completed advanced training in structurally corrective chiropractic care, nutrition, detoxification, exercise physiology, and physical therapy, and opened the clinic in December 2013 with his wife. He has hosted Aligned with Life Radio since 2014.

The team also includes Dr. Jay Briggs, a 2018 graduate of Palmer College of Chiropractic, and Meg Repas, Clinic Director, who brings a background in education and athletics. The clinic has been recognized through independent community votes as one of the top chiropractic offices in Powell and surrounding areas in 2018

and 2022.

Corrective chiropractic care at the practice is described as working to improve spinal alignment and posture. Wellness protocols address a range of concerns through customized adjustments, rehabilitation, nutritional assessments, and exercise schedules. The clinic maintains a family-friendly environment and emphasizes patient education. Care plans are tailored to each child's needs, activity level, and developmental stage. Located in Powell, the practice serves residents of Delaware County and nearby communities with a consistent focus on individualized assessment.

As interest in preventive and developmental support for children continues, Be Aligned Health responds by offering pediatric chiropractic evaluations and care as part of its services. Education remains central, providing families with information about alignment, movement, and nervous system health. By combining in-clinic assessments with practical guidance and the 5 Essentials framework, the clinic supports children's growth and function from early childhood through adolescence.

https://www.youtube.com/shorts/sml5MXS_HiU

Be Aligned Health operates as a chiropractic clinic in Powell, Ohio, dedicated to corrective care and holistic wellness. Founded by Dr. Lee Thomas in 2013, the practice integrates structural adjustments with complementary approaches including nutrition, exercise, and lifestyle support. The clinic prioritizes patient education and personalized strategies, including community outreach through its radio program, to promote lasting health for individuals and families.

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For more information about Be Aligned Health, contact the company here: Be Aligned Health Dr. Lee Thomas 614-389-4945 BeAlignedHealth@gmail.com 10266 Sawmill Pkwy, Powell, OH 43065

Be Aligned Health

Our Doctors and Health Coaches in Powell provide a full spectrum of complementary care to help identify specific lifestyle deficiencies preventing you from functioning at 100%.

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