



Forza Chiropractic Outlines Approach to Back Pain Relief in Arlington Heights, IL Under Dr. Drew Voelsch

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Forza Chiropractic continues to apply structural and foundational methods for addressing back pain, a condition that affects 80 percent of adults at some point. Led by founder Dr. Drew Voelsch, the practice focuses on identifying mechanical causes related to joint motion, disc loading, and muscle function rather than solely managing symptoms.

Dr. Drew Voelsch serves as founder and lead chiropractor. He trained at Palmer College of Chiropractic in Davenport, Iowa. After graduation, he operated a wellness clinic in Chicago's south loop before establishing Forza Chiropractic in 2009. His work centers on structural and foundational dysfunction and its effects on daily function and performance.

Back pain at the clinic is approached as a mechanical issue in the majority of cases. Causes examined include joint restrictions in the spine, disc irritation or bulging, poor posture and prolonged sitting, weak core and supporting muscles, lifting with poor mechanics, and prior injuries that did not fully resolve. When a joint

loses normal motion, surrounding muscles tighten, discs experience uneven loading, and nearby nerves can become irritated. Related concerns such as sciatica, disc issues, or posture problems are also evaluated as potential contributors.

The process follows a structured sequence. Evaluation includes a detailed history, orthopedic and neurological testing, posture analysis, and measurements drawn from Chiropractic Biophysics principles to determine whether the source involves a joint, disc, muscle, or nerve. Treatment applies specific adjustments intended to restore joint motion, reduce protective muscle tension, and incorporate corrective exercises to support the spine. The clinic's corrective care program emphasizes restoring movement and alignment.

Dr. Drew Voelsch commented, "Most back pain is mechanical and stems from how joints, discs, and muscles are moving. Identifying the specific source allows care to focus on restoring motion rather than masking the sensation."

Timelines outlined for care include an initial phase of two to six weeks aimed at reducing pain and restoring motion, followed by a correction phase of eight to sixteen weeks focused on rebuilding support and alignment. Periodic maintenance is described as a means of reducing the likelihood of recurrence. Gentle movement is preferred over prolonged rest for mechanical back pain, as extended inactivity can contribute to joint stiffness and muscle weakening. Pain lasting beyond approximately twelve weeks is noted as potentially chronic when the underlying mechanical factor remains unaddressed.

Symptoms commonly associated with the condition include aching or stiffness in the lower back, sharp pain with bending or lifting, radiation into the hips or legs, muscle tightness or spasm, difficulty standing upright, and pain that intensifies after sitting. Risk factors identified include sedentary or desk-based work, prolonged sitting with poor posture, repetitive lifting or twisting, deconditioned core muscles, previous injuries, and reduced activity levels.

Dr. Voelsch added, "Care for back pain begins with measuring the problem through testing and analysis so that adjustments and exercises target the restricted areas directly."

Forza Chiropractic employs the F1 Technique for specific, low-force corrections to identified joints, supported by objective scans and posture assessments. These tools provide measurable data used before, during, and after care sequences. The practice has operated since 2009 and addresses back pain alongside related conditions such as neck pain, sciatica, and posture concerns through individualized plans.

Patients presenting with back pain undergo assessments that review history and physical findings to guide the selection of adjustments and supportive exercises. The approach distinguishes mechanical sources from other factors and prioritizes restoration of joint function and supporting musculature. Education on daily

movement patterns forms part of the process to help protect the spine during routine activities.

The clinic's methods incorporate Chiropractic Biophysics measurements to quantify posture and spinal alignment. This data informs the specific application of care and allows tracking of changes in motion and support over successive visits. For individuals whose pain radiates or recurs, the evaluation expands to examine potential disc or nerve involvement.

Forza Chiropractic maintains its focus on structural principles established at founding. Dr. Voelsch's training and subsequent clinical experience shape the protocols applied to back pain cases. The combination of testing, targeted adjustments, and corrective exercise constitutes the core sequence described for addressing the condition.

The practice continues to document responses to care through its measurement-based system. Back pain that persists beyond one to two weeks, returns frequently, or interferes with sleep, work, or movement is identified as a point for evaluation. Cases involving numbness, tingling, weakness, or changes in bladder or bowel function are directed toward appropriate additional assessment.

Through its established processes, Forza Chiropractic applies structural chiropractic methods to the mechanical factors associated with back pain. The sequence of identification, evaluation, and treatment provides a framework for addressing joint restriction, disc loading, and muscle support in the Arlington Heights area.

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For more information about Forza Chiropractic, contact the company here: Forza Chiropractic Dr. Drew Voelsch (847) 472-1224 info@forzachiro.com 1401 S Arlington Heights Rd Suite 2 Arlington Heights, IL 60005

Forza Chiropractic

At Forza Chiropractic, your trusted Chiropractor Arlington Heights, we help families, athletes, and everyday adults move better, feel better, and function at their highest level.

Website: <https://forzachiropractic.com>

Email: info@forzachiro.com

Phone: (847) 472-1224

