



## Beacon of Life Chiropractic Shares Resources On How Chiropractic Care Can Help Low and Mid-Back Pain

*August 20, 2026*

ROYERSFORD, PA - August 20, 2026 -

Beacon of Life Chiropractic in Royersford, PA, has shared educational resources that explain common causes of low and mid-back pain and provide information about chiropractic care and related approaches. The Montgomery County practice maintains detailed material covering contributing factors, common symptoms and the clinic's approach to evaluating movement and supporting spinal function.

The resources describe lower back pain as frequently associated with muscle strain from overuse, sudden movements or improper lifting. Disc-related changes, age-related joint conditions and postural patterns associated with prolonged sitting or repetitive activity are also discussed. Radiating discomfort associated with sciatica may occur when structures involving the lower spinal nerves are affected. Symptoms can include localized aching or sharp sensations, stiffness that affects bending or standing, muscle tightness and, in some cases, tingling or changes in strength in the legs.

Mid-back pain resources highlight postural habits associated with desk work or device use, muscle strain

from repetitive activity and age-related changes affecting the thoracic spine. Injuries from falls or sports activity and referred discomfort from nearby areas are also addressed. Individuals may experience dull or sharp sensations between the shoulder blades, reduced range of motion, muscle tightness or discomfort that becomes more noticeable with certain movements or extended sitting.

Beacon of Life Chiropractic presents chiropractic care as one option for individuals experiencing these concerns. The shared resources describe an evaluation followed by chiropractic adjustments that are intended to support joint movement and spinal mobility. SoftWave therapy is described by the clinic as an acoustic-wave modality used as part of selected care plans. Dahlia red light therapy uses red and near-infrared wavelengths, while corrective exercises focus on supporting strength, stability and flexibility. Nutritional guidance provides general information related to dietary habits and overall wellness.

The clinic's process begins with a consultation and physical assessment that may include posture and movement analysis. Findings help determine which services may be appropriate and how they may be sequenced. Plans can combine chiropractic adjustments, exercise instruction and supportive modalities based on individual findings. Follow-up visits provide opportunities to review progress and adjust the focus of care as a patient's needs change.

Clinical evidence for chiropractic care varies depending on the condition and type of treatment being evaluated. Research has examined spinal manipulation and related manual therapies for certain types of low-back pain, with findings supporting their potential role as one component of conservative care. Clinical research has also examined exercise and other non-drug approaches for back pain, while evidence for specific adjunctive technologies can vary by modality and condition.

Certain symptoms, including progressive weakness, significant numbness, bowel or bladder changes or pain following major trauma, warrant prompt medical evaluation to identify conditions that may require different forms of care. The practice frames its services as one component of broader spinal health support rather than a substitute for medical evaluation when serious symptoms are present.

“Educational resources on low and mid-back pain give patients a starting point for understanding common causes, symptoms and available care options,” said Dr. Megan McClimon, co-founder and chiropractor at Beacon of Life Chiropractic. “We want patients to have clear information they can use when deciding what questions to ask about their symptoms and care.”

Care plans remain adaptable according to individual presentation. Some individuals may receive greater emphasis on posture, movement education and ergonomic guidance alongside chiropractic care. Others may incorporate SoftWave sessions, red light therapy or exercise instruction as supportive components. Licensed chiropractors oversee evaluations and treatment direction, while support staff assist with therapy delivery and

education on home strategies.

"Back pain can have different contributing factors, so we start by looking at the individual rather than assuming every patient needs the same approach," said Dr. Daniel McClimon, co-founder and chiropractor at Beacon of Life Chiropractic. "Our goal is to explain what we find and provide patients with a clear understanding of the care options available to them."

Beacon of Life Chiropractic serves Royersford and surrounding communities in Montgomery County. Its educational resources and services address spinal discomfort, posture-related concerns and support for individuals dealing with physical strain. The practice uses non-invasive approaches and focuses on movement, function and patient education within the scope of chiropractic care.

The shared resources note that both low and mid-back pain can affect daily activities, work and sleep. The clinic's care process is organized around assessment, education and follow-up. Patients receive an explanation of findings and recommended steps so they can better understand the purpose of the services included in their care plan.

The practice integrates multiple elements based on individual findings rather than relying on one technique for every presentation. Chiropractic adjustments focus on spinal and joint movement. Exercise instruction supports strength, stability and mobility. SoftWave and light-based therapies are presented as adjunctive options within selected care plans. Nutritional guidance provides general wellness information that may complement other aspects of a patient's care.

Beacon of Life Chiropractic continues to maintain and share educational resources covering causes, symptoms and care options related to spinal discomfort. The materials provide information for individuals who want to learn more about low and mid-back pain and the role chiropractic care may play as part of conservative, non-invasive care. The overall framework emphasizes assessment, patient education and individualized care based on the findings of each evaluation.

###

For more information about Beacon of Life Chiropractic, contact the company here: Beacon of Life Chiropractic Daniel McClimon, DC (610) 474-2481 [info@gobeaconhealth.com](mailto:info@gobeaconhealth.com) 70 Buckwalter Rd Ste 412, Royersford, PA 19468

**Beacon of Life Chiropractic**

*Welcome to Beacon of Life Chiropractic, where our mission is to guide you toward optimal health and wellness through personalized chiropractic care.*

Website: <https://gobeaconhealth.com/>

Email: [info@gobeaconhealth.com](mailto:info@gobeaconhealth.com)

Phone: (610) 474-2481

