

Core Wellness Chiropractic & Anti-Aging Centre Highlights Whole-System Approach to Back Pain Care in Kane County, IL

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Core Wellness Chiropractic & Anti-Aging Centre provides chiropractic and wellness care in Geneva, Illinois, serving patients in Kane County and the surrounding area. While the practice addresses a range of chiropractic and wellness concerns, its back pain care focus on assessing the spine, pelvis, posture and muscle function when developing an individualized approach for patients with lower-back and mid-back concerns. The centre's materials describe back pain as one of the common reasons people seek chiropractic care and outline an assessment process that considers the broader movement system rather than focusing only on the location of reported discomfort.

Back pain can present in different ways and may be associated with a range of factors, including prolonged sitting, lifting, physical activity, changes in movement patterns, prior injuries and postural demands. The centre's materials also identify factors such as joint restriction, muscular imbalance and postural loading as considerations during an assessment.

The centre's documentation describes several factors that may be considered when evaluating back pain. These include changes involving the vertebrae and facet joints, disc bulges, herniations and degenerative changes, as well as muscle function involving the core, gluteal and pelvic regions. Prolonged sitting, lifting mechanics, posture and previous injuries are also discussed as factors that may affect movement patterns.

Symptoms described in the centre's materials include dull or achy lower-back discomfort, pain that becomes more noticeable with sitting or standing, sharp pain or muscle spasms with bending or lifting, mid-back tightness between the shoulder blades, and discomfort that extends into the hips, buttocks or legs. Morning stiffness that changes with movement is also described.

Symptoms such as pain that radiates into the leg, numbness, tingling or weakness can have multiple causes and may require evaluation by an appropriate healthcare professional. The centre's approach is presented as an assessment of the musculoskeletal factors associated with a patient's individual presentation rather than as a determination that one specific factor is responsible for every case of back pain.

Dr. Patricia Zanelli practices at Core Wellness Chiropractic & Anti-Aging Centre. She holds a bachelor's degree in human biology and a doctorate in chiropractic medicine from the National College of Chiropractic, following earlier studies within the State University of New York system and at New York University. Her professional training includes Advanced Muscle Integration Technique, or AMIT, Applied Kinesiology and Methylation Pathway Evaluation.

The centre's materials describe its back pain approach as incorporating chiropractic adjustments, applied kinesiology and AMIT muscle work. These techniques are presented as components of the practice's individualized assessment and care process. The centre describes chiropractic adjustments as part of its approach to restricted spinal motion and identifies the lumbar and sacroiliac regions among the areas that may be assessed or addressed.

Applied kinesiology and AMIT are also described in the centre's materials as techniques used within its practice. Applied kinesiology involves forms of manual muscle testing, while AMIT is presented by the centre as a muscle-focused technique.

Dr. Patricia Zanelli said, "Back pain can involve a number of different factors, and the location of discomfort does not always tell the whole story. We look at the spine, pelvis, posture and muscle function as part of the assessment so we can better understand the individual presentation and determine what areas may need attention."

She further stated, "Our approach combines traditional chiropractic care with techniques such as AMIT and Applied Kinesiology as part of an individualized assessment. We consider the findings from the examination when determining which components of care may be appropriate for each patient."

The centre's materials describe an assessment process that considers the patient's reported symptoms, movement patterns, posture and musculoskeletal function. The practice states that information gathered during the assessment is used to develop an individualized care plan that may include chiropractic adjustments, hands-on techniques, stretching, strengthening recommendations and home exercises.

The approach also considers areas that may be associated with the primary location of reported pain. For example, the centre's materials discuss examining the hips, core and upper back when evaluating patients with back-related concerns. This reflects the practice's stated preference for considering movement patterns

across related areas rather than focusing exclusively on the site where a patient reports discomfort.

The centre also discusses the potential role of previous injuries in a patient's current movement patterns. Falls, accidents, sports injuries and other forms of physical trauma may be reviewed as part of a patient's history. The purpose of this review is to provide additional context for the examination and individualized care plan.

Dr. Zanelli's professional materials describe a four-step process that includes addressing acute presentations, identifying factors that may contribute to the current presentation, supporting the recovery process and establishing measures intended to support ongoing function. The centre uses this framework within its broader approach to chiropractic and wellness care.

Postural demands associated with daily activities are another consideration described in the centre's materials. Extended periods of sitting, repetitive movements, lifting and other activities may be discussed during an evaluation when they are relevant to a patient's symptoms or movement patterns. The practice may also provide recommendations involving stretching, strengthening or changes to daily movement habits.

Core Wellness Chiropractic & Anti-Aging Centre provides services beyond back pain care, including chiropractic and wellness services addressing other musculoskeletal and health-related concerns. Its Geneva location serves patients from throughout Kane County and nearby communities.

For patients presenting with back pain, the centre's documented approach combines a physical assessment with individualized chiropractic care and additional techniques used within the practice. Dr. Zanelli's education and professional training form the basis for the services she provides, while the specific components of care may vary according to each patient's presentation.

Core Wellness Chiropractic & Anti-Aging Centre continues to provide chiropractic and wellness services in Geneva, Illinois, with back pain representing one of the areas addressed by the practice. Its materials describe an assessment process that considers symptoms, movement patterns, spinal and musculoskeletal factors, and the patient's individual history when developing a plan of care.

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Core Wellness Chiropractic and Anti-Aging Centre

At Core Wellness Chiropractic, we utilize various holistic approaches, including chiropractic care, to better serve our patients through non-invasive and therapeutic means.

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