



Be Aligned Health in Powell, OH Updates Educational Guide on Chiropractic Care for Lower Back Pain

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Be Aligned Health has updated its educational information on lower back pain to help patients understand how chiropractic evaluation and conservative care options may be considered based on individual circumstances. The Powell, Ohio, clinic provides information on chiropractic assessment, spinal manipulation, soft tissue work, therapeutic exercise, and traction-based spinal decompression as part of its approach to musculoskeletal concerns.

Lower back pain can range from occasional discomfort to symptoms that affect movement and daily activities. Causes can vary and may involve muscle strain, repetitive activity, posture, joint changes, disc-related conditions, or injury. The clinic's updated guide emphasizes the importance of an individual evaluation rather than assuming that every episode of back pain has the same cause.

An initial visit may include a health history, physical examination, and assessment of movement and posture. Based on those findings, a chiropractor may discuss different conservative care options. These may include

spinal manipulation, soft tissue techniques, therapeutic exercise, and recommendations intended to support mobility and physical function. The type, frequency, and duration of care depend on the patient's presentation, goals, and response over time.

The updated information also explains the clinic's use of traction-based spinal decompression. The procedure uses a specialized table to apply controlled mechanical traction to the spine. At Be Aligned Health, sessions are customized according to the patient's evaluation and may be considered as part of a broader conservative care plan for certain patients experiencing disc-related or other mechanical back concerns. Sessions typically last between 15 and 30 minutes and are provided under chiropractic supervision.

The guide describes spinal decompression as a non-surgical, noninvasive option that may be incorporated into care alongside other services. Patients with concerns involving herniated or bulging discs, degenerative changes, sciatica, spinal stenosis, joint stiffness, or persistent neck and back discomfort may discuss whether traction-based care is appropriate for their individual circumstances. Recommendations are based on examination findings and clinical judgment rather than a standardized treatment schedule.

Corrective chiropractic care at Be Aligned Health is also addressed in the updated guide. The clinic describes this approach as an ongoing process that considers spinal alignment, posture, movement, and functional habits rather than focusing exclusively on a single visit. Chiropractic adjustments may be combined with exercise and other supportive measures based on individual findings.

The clinic organizes its broader wellness education around its 5 Essentials framework. These areas include chiropractic care focused on spinal function, nutrition and food choices, mindset and daily stress-management habits, physical activity and exercise, and environmental and lifestyle considerations. The framework is used as an educational structure rather than a single protocol, allowing recommendations to reflect each patient's circumstances and goals.

Dr. Lee Thomas, Doctor of Chiropractic and founder of Be Aligned Health, said the updated guide was developed to provide clearer information about the evaluation process and available conservative care options.

"Lower back discomfort can involve different mechanical and lifestyle factors, which is why an evaluation is an important starting point," said Dr. Thomas. "Our goal with this updated information is to help patients understand the options we may discuss, including chiropractic care, exercise, soft tissue work, and traction-based approaches when appropriate."

Dr. Thomas earned a degree in human biology and microbiology from The Ohio State University in 2008 and completed additional training in structurally corrective chiropractic care, nutrition, exercise physiology, and

physical therapy. He opened Be Aligned Health in December 2013 and has hosted Aligned with Life Radio since 2014.

Dr. Thomas Marks, Doctor of Chiropractic at Be Aligned Health, added that patient education remains an important part of discussions about conservative care.

"Patients often want to understand why a particular approach is being considered and how it fits into their overall care plan," said Dr. Marks. "We use examination findings to guide those conversations and explain the purpose of each recommended service."

Dr. Marks earned his Doctorate of Chiropractic from Life University and has training in Diversified, Gonstead, Torque Release Technique, Thompson, Sacral Occipital Technique, Pettibon, and upper cervical methods. He previously served in the U.S. Air Force and earned an economics degree from The Ohio State University.

The clinical team also includes Dr. Jay Briggs, a 2018 graduate of Palmer College of Chiropractic, and Clinic Director Meg Repas, who holds a bachelor's degree in education and has an athletic background that contributes to her work with patients and office operations.

The updated guide places patient education at the center of the process. Lower back discomfort can involve multiple contributing factors, and the clinic encourages patients to discuss their symptoms, activity limitations, health history, and goals during an evaluation. This information helps determine whether chiropractic care or another conservative approach may be considered as part of an individualized plan.

Be Aligned Health serves patients from Powell and surrounding Central Ohio communities. Its approach to lower back concerns includes examination, education, and individualized recommendations based on each patient's presentation rather than applying the same plan to every person.

Be Aligned Health is a chiropractic clinic founded by Dr. Lee Thomas in 2013. The practice provides chiropractic care, rehabilitation exercise, soft tissue techniques, nutritional education, and traction-based spinal decompression when clinically appropriate. Through its updated educational resources, the clinic continues to provide information about conservative options that patients may discuss when seeking care for lower back discomfort

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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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