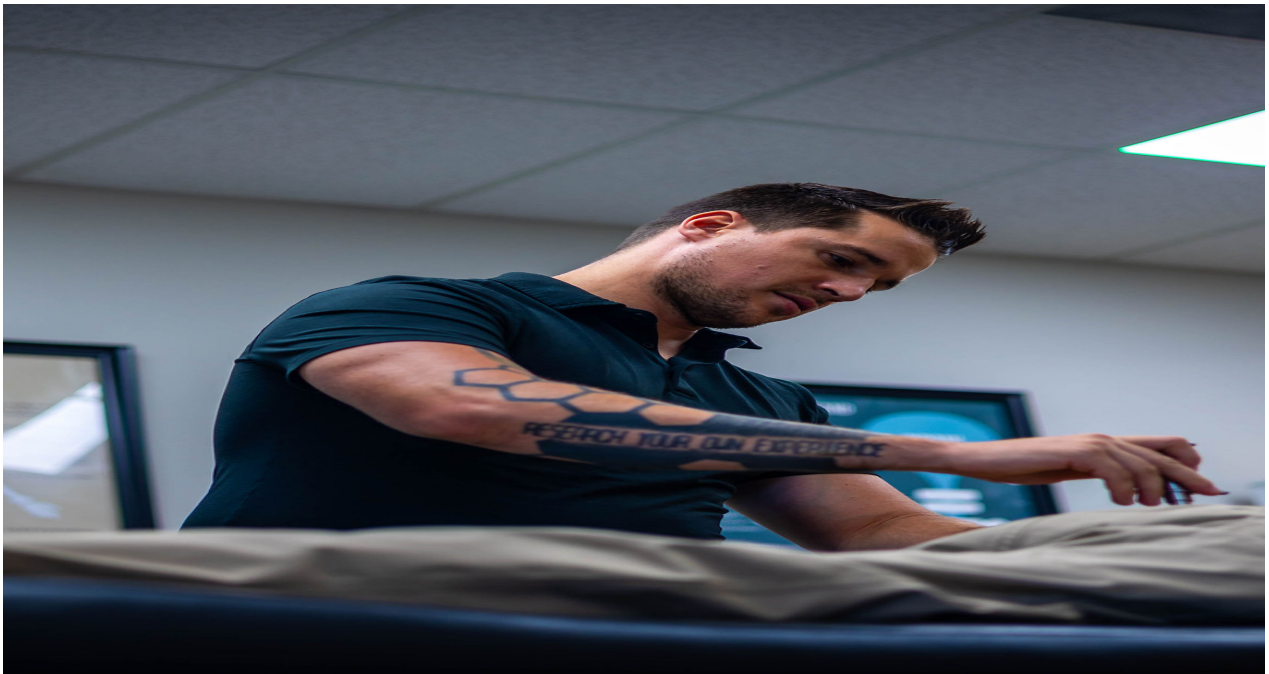




Life Without Fear Chiropractic Shares Information About Its Approach to Back Pain Care in Lexington

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Life Without Fear Chiropractic is sharing information about its approach to evaluating and managing back pain, one of the most common reasons people seek chiropractic care. The Lexington practice is led by Dr. Mateo Franco and provides individualized evaluations and conservative chiropractic services based on each patient's needs and clinical findings.

Back pain can affect daily life in various ways. Individuals may struggle to sit through workdays, participate in family activities, exercise, or sleep comfortably. Symptoms may be recent or long-standing and can have different contributing factors. Common causes of back pain can include prolonged sitting or standing, muscle strain from lifting or overuse, certain injuries, disc-related conditions, and stress-related muscle tightness. Because back pain can have different causes, an appropriate evaluation is important before determining which forms of care may be appropriate.

Life Without Fear Chiropractic begins with a consultation to review the specifics of each case and understand

how symptoms affect daily activities. A thorough evaluation may include range-of-motion testing and other assessments. Digital motion X-rays may also be used when clinically appropriate to evaluate spinal movement. The practice utilizes several methods as part of individualized care plans, including the Torque Release Technique, PEMF therapy, and corrective exercises when appropriate. The Torque Release Technique is an instrument-based chiropractic technique that utilizes a handheld device called the Integrator to deliver low-force adjustments without manual twisting, popping, or cracking.

Dr. Mateo Franco brings professional training and personal experience to his work with patients experiencing musculoskeletal concerns. As an athlete participating in soccer and football, he dealt with severe low back pain and nerve-related symptoms. His experience receiving chiropractic care during his time at Palmer College of Chiropractic contributed to his decision to pursue the profession and informs his perspective when working with patients experiencing similar concerns. Dr. Mateo holds a Bachelor of Science degree from the University of Indianapolis and a Doctor of Chiropractic degree from Palmer College of Chiropractic. He maintains certification in the Webster Technique through the International Chiropractic Pediatric Association and advanced proficiency in the Torque Release Technique.

Dr. Mateo said, "Chiropractic care for back pain focuses on addressing the underlying root cause via spinal misalignments and optimizing the nervous system function to support the body's natural healing processes." He added, "Consistent, precise care can help patients reduce discomfort, restore mobility, and work toward long-term wellness rather than temporarily masking the symptoms."

Research has examined spinal manipulation as one potential conservative treatment option for certain types of low back pain. Clinical guidelines and systematic reviews have found that spinal manipulation may provide modest improvements in pain and function for some individuals with low back pain. Outcomes can vary depending on the patient and the underlying cause of symptoms. Evidence regarding spinal manipulation should be distinguished from evidence for individual chiropractic techniques. Different methods may have varying levels of clinical research supporting their use, and treatment decisions should be based on an individual's symptoms, medical history, and clinical evaluation.

The practice serves a diverse patient base, including individuals experiencing back pain, athletes, families, pregnant patients, children, and seniors. Care is delivered in one-on-one sessions within a direct-pay model, with detailed receipts and superbills provided for patients who may seek insurance reimbursement. Patient progress is evaluated periodically throughout care. Reassessments may include discussions about symptoms, mobility, function, and individual health goals. Care plans can be adjusted based on clinical findings and patient response. Digital motion X-rays may provide additional information about spinal movement when imaging is clinically appropriate. Range-of-motion and other evaluations can also help practitioners assess mobility and develop individualized care plans. PEMF therapy may be incorporated into care plans for patients when appropriate.

Dr. Mateo's family background includes multiple chiropractors, contributing to his familiarity with the profession from an early age. His athletic history also provides personal perspective when working with clients whose musculoskeletal concerns may be related to physical activity.

Client education is incorporated during visits. Individuals receive information about their condition, movement, and strategies that may support general musculoskeletal health. This collaborative element encourages patients to participate actively in discussions about their care. The practice emphasizes individualized evaluation and conservative care within the scope of chiropractic services. Patients with persistent, severe, or changing symptoms are encouraged to communicate with their primary healthcare providers and seek appropriate medical evaluation when necessary.

Life Without Fear Chiropractic continues to provide chiropractic services for individuals and families in Lexington and the surrounding area. The practice uses individualized evaluations and a range of conservative techniques to help patients explore care options for musculoskeletal concerns.

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For more information about Life Without Fear Chiropractic, contact the company here: Life Without Fear Chiropractic Dr. Mateo Franco (859) 721-3920 info@lifewithoutfearchiropractic.com 2331 Fortune Dr #185, Lexington, KY 40509

Life Without Fear Chiropractic

Since opening his practice in Lexington, Dr. Mateo has helped people of all ages move better, heal faster, and live healthier lives.

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