

Orion Family Spinal Center Announces Updated Resource on Sciatica Pain Relief

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LAKE ORION, MI - October 13, 2026 -
Orion Family Spinal Center has updated an informational resource on sciatica pain relief by adding a section titled How Chiropractic Helps Sciatica. The section details the practice?s method of using gentle spinal adjustments to address misalignments associated with pressure on the sciatic nerve, together with muscle and soft tissue work, postural correction, supportive exercises, and education, under the direction of Dr. Chris Bennett.

The resource describes sciatica as radiating pain that can travel from the lower back through the hips and down one leg, sometimes accompanied by numbness, tingling, weakness, or burning sensations. Factors noted by the center include herniated or bulging discs, spinal misalignment, piriformis syndrome, degenerative disc disease, and poor posture or injury. According to the center, the approach seeks to reduce compression through precise, low-force adjustments rather than high-velocity techniques.

Dr. Chris Bennett established the practice in the Lake Orion area because of a personal connection to the

community. His wife attended Lake Orion High School, and the family selected the location both for the chiropractic office and as the place to raise their children. According to the center, it has served the community for five years. Earlier recognition included the reader?s choice Best of the Best Chiropractor designation for Lake Orion and Oxford in 2016 and a corresponding designation for Oakland County in the prior year.

The practice uses a whole-person approach in which individual needs are assessed and personalized plans are developed. Upper cervical specific chiropractic is described as a core element focusing on the atlas and axis and their relationship to the brainstem. The center states that attention to this region is intended to support overall spinal function.

?Sciatica involves irritation or compression of the nerve that runs from the lower spine down the leg, and the updated section explains how gentle adjustments are applied to address misalignments that the center associates with that pressure,? said Dr. Chris Bennett, founder of Orion Family Spinal Center. ?The plan is determined after individual examination.?

Clinical research has examined spinal manipulative therapy in relation to sciatica. A 2006 randomized double-blind trial published in The Spine Journal by Santilli and colleagues compared active and simulated manipulations in 102 patients with acute back pain and sciatica with disc protrusion. The active group showed higher percentages of pain-free cases for radiating pain, lower visual analog scale scores, and no adverse events. A 2024 systematic review with meta-analysis reported that spinal manipulative therapy was associated with short-term reductions in leg pain intensity compared with conventional physical therapy in included comparisons, with low certainty of evidence.

These findings provide context for the methods described by the center. Statements about correcting misalignment to reduce pressure on the sciatic nerve reflect the practice?s treatment rationale rather than established guarantees. Individual results may vary. Chiropractic care is not a substitute for medical evaluation or treatment. Individuals with sudden severe pain, progressive weakness, bowel or bladder changes, or other urgent symptoms should seek appropriate medical assessment.

?The section on how chiropractic care provides relief for sciatica pain is intended to describe the sequence of assessment, gentle correction, and follow-up used at the center,? Dr. Bennett noted. ?It is an informational overview rather than a guarantee of a particular outcome.?

A typical course, as outlined by the center, begins with consultation and examination. When indicated, gentle corrections are performed and follow-up visits are used to monitor comfort and stability. Education on posture and daily habits is included. The center notes that laser therapy may be incorporated when appropriate to support the process of reducing inflammation.

The updated resource consolidates the practice?s description of sciatica and the chiropractic response into one page, with the newly included section providing a clear outline of the steps used. Suitability is determined case by case. The resource is presented as educational material for people evaluating options for radiating leg pain.

The availability of the updated page reflects the center?s effort to explain its approach in plain terms. Dr. Bennett and the team focus on individualized assessment and low-force technique that avoids twisting or cracking of the spine. The method is described as suitable for a range of ages when clinically indicated.

Safety considerations are part of the process. The practice does not present chiropractic care as a replacement for emergency services when red-flag symptoms are present. Outcomes depend on examination findings, consistency of care, and individual health factors.

Orion Family Spinal Center continues to offer these services under Dr. Bennett?s direction. The updated informational resource on sciatica pain relief, including the section titled How Chiropractic Helps Sciatica, is the development announced in this release. The center?s background is that of a family-established office serving the Lake Orion community with upper cervical chiropractic as its primary clinical focus.

The resource extends that focus by detailing the practice?s described response to sciatica. Readers seeking information on sciatica pain relief will find the page consistent with the center?s published description of gentle, personalized care directed at structural factors associated with nerve irritation in the lower spine.

Individual responses to care vary. The release is limited to the center?s own account of its methods and to the clinical context of the cited studies. Further evaluation by a qualified healthcare provider is recommended for any person considering care for sciatica. The center remains available to residents of the surrounding area who are reviewing options for nerve-related lower back and leg discomfort.

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Orion Family Spinal Center

At Orion Chiropractic, we specialize in the distinguished practice of Upper Cervical Specific Chiropractic?a precise and

focused approach that steers clear of the conventional twisting of the body or neck.

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