Fishel Chiropractic Shares Approaches to Managing Low Back Pain

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Fishel Chiropractic, a family-focused practice in Sunset Hills, Missouri, shares approaches to managing low back pain based on its clinical experience. These methods address common causes such as improper lifting, prolonged sitting, and pregnancy-related changes, drawing from the clinic's focus on gentle adjustments to support spinal function. The guidance highlights preventive measures and treatment options, reflecting insights from patient care in the St. Louis area.

Low back pain affects many individuals, often stemming from daily activities. Improper lifting, such as bending forward and twisting, increases pressure on lumbar discs and can lead to sciatica or restricted movement. Fishel Chiropractic notes that this mechanism contributes to acute episodes, where force on the spine exceeds its capacity. To mitigate this, individuals can adopt techniques like lifting with legs while keeping the back straight, though the clinic emphasizes professional evaluation for persistent issues.

Prolonged sitting, common in desk-based work, shortens hip flexors and elevates disc pressure, potentially causing nerve irritation. Fishel Chiropractic recommends incorporating movement breaks and ergonomic adjustments to counteract these effects. Evidence from systematic reviews indicates that spinal manipulative

therapy, a core component of chiropractic care, provides clinical benefits for acute low back pain, with associations to reduced pain and improved function. For chronic cases, meta-analyses support its use alongside other interventions like exercise.

Pregnancy introduces specific challenges, including hormonal shifts like increased relaxin, weight gain, and altered gait, which strain the low back and pelvis. Fishel Chiropractic advises monitoring posture and seeking care to maintain pelvic balance. Peer-reviewed studies suggest chiropractic interventions may help with pregnancy-related low back pain, though evidence is based on limited retrospective and case series data. The clinic uses techniques like the Webster Technique to address these concerns.

Chiropractic adjustments aim to restore joint motion, reduce muscle and nerve irritation, and improve biomechanics. Fishel Chiropractic employs gentle, specific methods to remove nervous system interference, allowing natural healing. Research shows spinal manipulation can influence central nervous system processing and neuroplasticity, with some evidence linking it to changes in somatosensory function and heart rate variability. However, much of this is from preliminary studies and requires further confirmation.

Wellness care plays a role in prevention, with regular visits helping maintain spinal health even without symptoms. Fishel Chiropractic tailors plans based on individual goals, conditions, and lifestyles, incorporating physiotherapy like exercises, ultrasound, and soft tissue work. This approach extends to other conditions, including headaches, neck pain, joint issues, and pediatric developmental support.

The clinic also addresses related areas like posture correction and stress management, which indirectly influence low back health. For families, this includes care for children and expecting mothers, using certified techniques for safe interventions.

As a chiropractor in St. Louis, MO, Fishel Chiropractic provides these services to communities including Crestwood, Kirkwood, and Webster Groves. The practice welcomes patients of all ages, from newborns to adults, without requiring referrals.

"Understanding the causes of low back pain, such as improper lifting or prolonged sitting, allows for targeted interventions that support spinal function," said Dr. Danielle Fishel, owner of Fishel Chiropractic.

Dr. Christine Carson, chiropractor at Fishel Chiropractic, added, "Chiropractic adjustments can address joint restrictions and nerve irritation, contributing to pain relief based on available clinical evidence."

Fishel Chiropractic opened in 2018, founded by Dr. Danielle Fishel, who holds a Doctor of Chiropractic from Logan University and certifications in prenatal, pediatric, and lactation support. The team includes Dr. Christine Carson, with expertise in acupuncture and women's health, and Dr. Isabelle, an intern specializing

in pediatrics. The practice emphasizes neurologically based care to restore balance and promote healing without drugs or surgery. Services encompass chiropractic adjustments, acupuncture, lactation guidance, and tailored plans for conditions like migraines, fatigue, and infertility. The clinic operates with a philosophy that health stems from proper brain-body communication, serving families seeking holistic options.

These shared approaches align with ongoing discussions in healthcare about non-invasive pain management, where evidence varies from strong peer-reviewed support for musculoskeletal issues to emerging data on broader neurological effects. Fishel Chiropractic contributes to this by offering education drawn from its practice.

Fishel Chiropractic functions as a healthcare provider focused on natural wellness through chiropractic methods.

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At Fishel Chiropractic, we believe that health begins with connection?between brain and body, within families, and between our team and the people we serve.

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