



## **Be Aligned Health Highlights Massage Therapy in Powell, OH as Part of a Holistic Pain Management Approach**

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Be Aligned Health offers massage therapy in Powell, OH as a component of its corrective chiropractic care. This service supports patients in addressing tension, stress, and musculoskeletal concerns through sessions tailored to individual needs. The clinic integrates massage with other treatments to focus on root causes of health issues.

Massage therapy sessions at Be Aligned Health last 30, 60, or 90 minutes, providing flexibility for patients. These treatments aim to ease physical discomfort and promote relaxation. When combined with shockwave therapy and chiropractic adjustments, massage contributes to tissue recovery and improved mobility. Shockwave therapy, a non-invasive option, targets conditions such as plantar fasciitis and tennis elbow using sound waves to encourage regeneration.

The clinic's approach includes the 5 Essentials: nutrition, mindset, exercise, toxin minimization, and

chiropractic adjustments. Massage therapy aligns with these elements by aiding physical recovery and stress reduction. Patients receive education on how these methods interconnect to support overall health.

Corrective chiropractic care at the clinic addresses spinal alignment to prevent arthritis and misalignments. Massage therapy complements this by relaxing muscles and improving circulation. A systematic review of studies from 2018 to 2023 found moderate certainty of evidence that massage therapy provides benefits for various pain conditions in adults. Another meta-analysis indicated that massage therapy effectively treats pain compared to no treatment, with a strong recommendation for its use in pain management.

As a provider of pain management in Powell, Be Aligned Health incorporates massage therapy into treatment plans for long-term results. This established service has been part of the clinic's offerings, allowing patients to experience integrated care without recent expansions noted. Decades of research demonstrate the efficacy of massage therapy for chronic pain relief and reducing the need for opioids, according to the American Massage Therapy Association. Patients report enhancements in daily function following consistent sessions.

The clinic's team consists of qualified professionals. Dr. Lee Thomas, Doctor of Chiropractic, founded the practice in 2013 with a background in human biology and microbiology from Ohio State University. Dr. Jay Briggs, Chiropractor, graduated from Palmer College of Chiropractic in 2018. Dr. Thomas Marks, Doctor of Chiropractic, holds degrees from The Ohio State University and Life University, specializing in techniques like pediatric care. Meg Repas serves as Clinic Director with experience in education and athletics.

Dr. Lee Thomas discussed the integration of services. "Massage therapy enhances our corrective care by addressing muscle tension and supporting patient recovery."

Dr. Thomas Marks provided additional context. "Incorporating massage with adjustments helps manage musculoskeletal issues more effectively."

The clinic was also selected and recognized through independent community votes in the Powell area in 2018 and 2022. These votes, derived from local residents' input in community polls, underscore the clinic's commitment to quality care and reflect unbiased feedback from the public. The practice also features Aligned with Life Radio, initiated in 2014, covering topics in chiropractic care and wellness.

Policies for massage therapy include advance notice for cancellations to ensure availability. Membership options allow for regular access to services.

With increasing interest in non-invasive options, Be Aligned Health provides massage therapy alongside other modalities. This meets community needs for holistic approaches to health.

Be Aligned Health functions as a chiropractic clinic in Powell, Ohio, emphasizing corrective care. Established by Dr. Lee Thomas, the practice combines chiropractic methods with therapies like shockwave and massage to resolve underlying health concerns. The clinic prioritizes patient education and personalized strategies for sustained well-being.

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For more information about Be Aligned Health, contact the company here: Be Aligned Health Dr. Lee Thomas 614-389-4945 BeAlignedHealth@gmail.com 10266 Sawmill Pkwy, Powell, OH 43065

## **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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