



## **Circle Chiropractic Addresses Surge in Weather-Related Discomfort as Sarasota Experiences Unusual Cold Snap**

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Circle Chiropractic of Sarasota reports an increase in patient inquiries about weather-related discomfort as another cold front brings unseasonably low temperatures to Southwest Florida this week. The practice notes that many residents are experiencing increased stiffness, persistent aches, and flare-ups of past injuries coinciding with the dramatic temperature drop.

Local weather forecasts have highlighted unusually cold mornings throughout the region, including near-freezing conditions in parts of Southwest Florida. The sudden shift from typical subtropical temperatures to winter-like conditions has prompted numerous patients to seek clarity about the connection between weather changes and physical discomfort.

Dr. Ben Duke, chiropractor at Circle Chiropractic of Sarasota, explained that the practice regularly observes correlations between rapid temperature changes and patient-reported symptoms. "When temperatures change quickly, many people also change their routines," Duke said. "There may be less movement early in the day, more time indoors, and more muscle guarding around sensitive areas from prior injuries."

The chiropractic team has identified several factors that may contribute to increased discomfort during cold snaps. These include reduced physical activity, altered sleep positions, and changes in daily posture that often accompany colder weather. Additionally, common seasonal behaviors such as spending longer periods seated, taking fewer outdoor walks, and unconsciously tightening shoulder and neck muscles during windy or cold conditions can compound existing issues.

Patients frequently assume new problems have developed when symptoms spike during cold spells, according to the clinic's observations. However, the practice emphasizes that these flare-ups often represent temporary exacerbations of existing conditions rather than new injuries. Factors such as hydration levels, sleep quality, and workload can influence how strongly aches are perceived, particularly in the back, neck, hips, and shoulders.

The timing of this information release corresponds with current weather patterns affecting the region and an uptick in residents searching for a chiropractor near me to address weather-related discomfort. The practice notes that while temporary increases in stiffness during weather changes are common, persistent or worsening pain warrants professional evaluation.

"Many patients are surprised to learn how environmental factors can influence their musculoskeletal comfort," Duke added. "Understanding these connections helps people make informed decisions about their health care, especially during unusual weather patterns like we're experiencing now."

The clinic emphasizes that individuals experiencing symptoms that interfere with normal daily activities should consider consulting a licensed healthcare professional for proper evaluation and treatment recommendations.

Circle Chiropractic operates in the Lakewood Ranch area, providing comprehensive chiropractic services including Softwave TRT, spinal decompression, and traditional chiropractic care. The practice, led by Dr. Greg Hengel who brings over 21 years of private practice experience in Florida, specializes in treating various conditions including headaches, neck and back pain, auto accident injuries, sciatica, and stress-related muscle tension. The clinic's approach combines thorough examinations, digital X-ray technology, and personalized treatment plans tailored to each patient's specific needs.

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## Circle Chiropractic

*Family-friendly chiropractic care in Sarasota's Southgate Circle. Gentle, effective options for back/neck pain, headaches, sciatica, posture issues, prenatal/pediatric needs. Same-day appointments when available. Easy parking.*

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