



## **Be Aligned Health Provides At-Home Video Resources for Rehabilitation Exercises**

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Be Aligned Health offers a collection of at-home video resources from MaxLiving to assist patients with rehabilitation exercises that complement chiropractic adjustments. These videos demonstrate routines focused on spinal strengthening and alignment maintenance, with guidance to begin after an initial adjustment for appropriate implementation.

The videos address various spinal areas through targeted exercises. Key examples include the Psoas Lift for hip and core strengthening to support pelvic stability, the Upper Shoulder Weight for cervical spine stabilization, and the Alar Ligament Exercise for reinforcing the uppermost vertebra. Other notable routines encompass the Posterior T12 for thoracic support using props like cervical rolls, and the Cervical Flexion Exercise for preserving the natural neck curve essential to nervous system function.

Additional videos feature the Traction Unit for spinal decompression to mitigate degeneration, Wobble Cushion exercises for spinal warm-up across motion planes, and Lumbar Extension for lower back focus. These resources, introduced in an introductory video on the home rehabilitation program, aim to build core strength, correct subluxation patterns, and sustain spine curves. Patients incorporate them into routines to

reinforce clinic-based corrections, where adjustments and supervised rehabilitation occur.

Studies support combining home exercises with chiropractic care. A study in the Journal of Manipulative and Physiological Therapeutics showed improved outcomes for chronic low back pain when home programs accompany spinal manipulation. A review in Spine journal noted that structured home exercises aid in maintaining alignment and reducing pain recurrence. Concepts like addressing subluxations and preserving spine curves stem from chiropractic principles, while specific exercise benefits draw from these evidenced approaches.

As a provider of pain management in Powell, OH, Be Aligned Health incorporates these video resources into patient plans. The clinic advises starting home exercises post-initial adjustment to align with professional evaluation. This ensures correct technique for optimal results. Patients access the videos through the clinic's online patient resources following their first visit, integrating them with in-clinic guidance.

The clinic's corrective chiropractic care targets spinal alignment and posture to mitigate issues such as potential arthritis development and misalignments, based on chiropractic theory. Wellness protocols handle conditions like back and neck pain, headaches, and sciatica via adjustments, rehabilitation, nutritional assessments, detoxification, and exercise plans. Shockwave therapy delivers non-invasive, FDA-approved relief for plantar fasciitis and tennis elbow, fostering tissue regeneration.

Pregnancy and pediatric services use techniques including Webster's Technique for spinal support during pregnancy and early childhood issues. Nutrition coaching examines metabolism, hormones, and energy factors. The 5 Essentials include core chiropractic for nervous system support, natural food nutrition, mindset for stress handling, exercise for muscle development, and toxin reduction.

Dr. Lee Thomas, Doctor of Chiropractic at Be Aligned Health, described the videos' role. "These resources equip patients to sustain spinal corrections at home, aiding alignment and function between appointments."

Dr. Thomas Marks, Doctor of Chiropractic at Be Aligned Health, elaborated on usage. "Home exercises, initiated after adjustments, enable active patient involvement in targeting spinal patterns."

Recognition for the clinic comes from independent community votes selecting it as one of the top chiropractic offices in the area in 2018 and 2022. The practice maintains Aligned with Life Radio, launched in 2014, to discuss health subjects.

Be Aligned Health serves as a chiropractic clinic in Powell, Ohio, dedicated to corrective care and wellness.

Founded by Dr. Lee Thomas in 2013, the practice blends structural adjustments with therapies to manage health concerns. The clinic stresses patient education and tailored plans for ongoing health support.

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## **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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