



Be Aligned Health Offers Chiropractic Care for Car Accident Injury Recovery in Delaware County, OH

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Be Aligned Health provides corrective chiropractic care for individuals who have experienced motor vehicle accidents in the Powell area and surrounding Delaware County, Ohio. The clinic's approach emphasizes addressing spinal misalignments and related issues that commonly arise from such incidents, supporting recovery through structured protocols. This care integrates with the clinic's broader focus on identifying underlying causes rather than solely managing symptoms.

Corrective chiropractic adjustments at Be Aligned Health aim to improve spinal alignment and posture while helping to prevent the spine from shifting back into misaligned positions. These methods utilize state-of-the-art techniques to support nervous system function. For patients involved in car accidents, such care can target areas affected by sudden impact, including the neck and back regions frequently involved in whiplash-type injuries.

The clinic's wellness protocols complement adjustments with rehabilitation programs, nutritional

assessments, detoxification regimens, and exercise schedules. These elements form part of the 5 Essentials framework, which includes core chiropractic for nervous system support, nutrition from natural foods, mindset practices for stress management, oxygen and exercise to build lean muscle and combat stress, and minimization of toxins to aid the body's natural cleansing processes. Patients of all ages, from newborns to seniors, receive customized plans tailored to their specific needs.

Shockwave therapy, a non-invasive and FDA-approved regenerative treatment offered at the clinic, assists with tissue regeneration following acute injuries. Dr. Lee Thomas is among the limited number of providers in the Powell and surrounding areas utilizing this therapy for conditions stemming from overuse or trauma. Home rehabilitation resources, including video-guided exercises, allow patients to continue strengthening and stabilizing the spine between visits, with the recommendation to begin such routines only after an initial adjustment.

Studies have examined chiropractic interventions in the context of motor vehicle accidents. A retrospective analysis of whiplash cases found that 93 percent of patients showed improvement following chiropractic treatment. Another study on chronic whiplash syndrome supported the potential benefits of such care in reducing long-term symptoms. Additional research has indicated that spinal manipulation combined with home exercises can improve outcomes for neck and back pain associated with these incidents.

As a provider of chiropractic care for car accident injuries in Delaware County, OH, Be Aligned Health serves the local community through its location in Powell. The clinic's methods focus on comprehensive recovery, incorporating corrective adjustments to restore alignment and supportive therapies to address related discomfort. This integrated model helps patients regain function and maintain progress over time.

Dr. Lee Thomas, Doctor of Chiropractic and founder of Be Aligned Health, commented on the clinic's approach. "Experiences with personal trauma, including a car accident, highlighted the value of corrective chiropractic methods in restoring proper alignment and supporting the body's natural healing capacity."

Dr. Thomas Marks, Doctor of Chiropractic at Be Aligned Health, added perspective on patient care. "Our protocols address the whole person, combining adjustments with rehabilitation to help individuals recover from accident-related spinal issues."

The clinic, founded by Dr. Thomas in December 2013, has earned recognition through independent community votes as one of the top chiropractic offices in Powell and surrounding areas in 2018 and 2022. Dr. Thomas, who earned a degree in human biology and microbiology from Ohio State University, brings advanced training in structurally corrective chiropractic care, nutrition, detoxification, exercise physiology, and physical therapy. He has hosted Aligned with Life Radio since 2014 to discuss health topics.

Other team members include Dr. Jay Briggs, a graduate of Palmer College of Chiropractic with a family background in the field, and Meg Repas, Clinic Director with an athletics background that informs her understanding of injury recovery and performance. The practice maintains policies to support consistent care, including options for regular sessions.

Be Aligned Health continues to meet community needs by offering non-invasive options for those affected by motor vehicle accidents. The clinic's emphasis on education empowers patients with knowledge to participate actively in their recovery process. By combining in-clinic treatments with at-home resources, the approach supports sustained improvements in spinal health and overall function.

Be Aligned Health operates as a chiropractic clinic in Powell, Ohio, dedicated to corrective care and holistic wellness. Established by Dr. Lee Thomas, the practice combines structural adjustments with complementary therapies to address health concerns at their source. The clinic prioritizes patient education and personalized strategies, including community outreach through its radio program, to promote long-term vitality for residents in Delaware County and beyond.

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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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