



Foster Chiropractic in Flower Mound, TX Highlights Benefits of Chiropractic Care

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Foster Chiropractic announces a focus on the benefits of chiropractic care as described in its educational resources. The clinic has provided chiropractic services for decades, with an emphasis on spinal and joint adjustments to address misalignments that may affect nerve function.

Chiropractors function as specialists in joints and nerves. All nerves travel from the brain through the spinal column, so disruptions in spinal alignment can influence normal body function. Adjustments involve hands-on techniques to realign the spine and joints, which can reduce pressure on nerves and support improved communication in the nervous system.

Information from the clinic notes several areas where chiropractic care has been associated with potential effects. For blood pressure, one study indicated that a single adjustment could produce results similar to certain medications designed to lower blood pressure, with effects potentially lasting up to six months. This approach does not involve the side effects commonly linked to those medications, such as fatigue, nausea,

dizziness, anxiety, or weight changes.

Neck and lower back pain are frequent concerns addressed through chiropractic care. Studies suggest that approximately 80 percent of Americans experience lower back pain at some point in their lives. Adjustments aim to correct misalignments without surgery or prescription medications, offering a non-invasive option that may relieve discomfort and help prevent further issues.

Headaches, including tension and migraine types, can sometimes trace back to spinal misalignments that lead to muscle strain in the neck and upper back. Adjustments help align the spine, allowing muscles to relax, which may reduce the frequency and severity of headaches. More than 200 studies have explored this connection.

For scoliosis, which involves an abnormal curvature of the spine that can result in pain, breathing difficulties, and reduced range of motion, chiropractic care combined with physical therapy has been associated with slowing disease progression and improving quality of life.

Sciatica arises from issues with the sciatic nerve that radiates to the legs, causing pain that can be severe enough to prompt reliance on pain medications. Adjustments work to reduce pressure on the nerve, with some studies showing a decrease in the number of painful days and in pain severity.

Chiropractic care may also support neurological conditions by increasing blood and cerebrospinal fluid flow. This process can deliver more oxygen to the brain and assist in waste removal, potentially aiding the brain's ability to heal and function.

Foster Chiropractic provides adjustments for a variety of musculoskeletal conditions without medication. These include upper back pain, back pain during pregnancy, lower back pain, extremity pain, and other related musculoskeletal issues. The care aims to relieve pain, prevent additional injuries, and in some cases stop or reverse the progression of certain conditions.

The clinic operates as a family chiropractic practice serving patients in Flower Mound and surrounding areas. Karl L. Foster, D.C., founded the practice and has more than 35 years of experience since beginning practice in 1991. Born in Artesia, New Mexico, he earned his Doctor of Chiropractic degree and Bachelor of Science in Anatomy at Parker College of Chiropractic in Dallas, Texas. He holds a Certification in Meridian Therapy, also known as acupuncture, and a Certificate of Proficiency in the Diagnosis, Treatment, and Rehabilitation of Carpal Tunnel Syndrome and other cumulative trauma disorders.

Karl L. Foster, D.C., maintains membership in the Flower Mound Chamber of Commerce and the Flower Mound Rotary. He has been recognized in local publications for his work in chiropractic care.

Mason Foster, D.C., joined the practice after graduating from Parker University with a Doctorate of Chiropractic degree in 2020. He focuses on analyzing and correcting root causes of musculoskeletal pain to support optimal health and wellness. His guiding principle centers on understanding patients so they may heal. Dr. Mason Foster participates as an active member of the Cross Timbers Rotary Club and contributes time to community volunteering and charitable causes.

"Adjustments target spinal misalignments to support nerve function and address various conditions," said Karl L. Foster, D.C., founder of Foster Chiropractic. "This method has been part of patient care at the clinic for many years."

Research has examined chiropractic interventions for back pain. Some findings indicate effects comparable to recommended therapies for chronic low back pain, with potential short-term improvements in function. Other studies suggest benefits for acute cases when compared to certain interventions. Results vary by individual, and chiropractic care serves as one option within broader health management.

The clinic incorporates patient education on spinal health, including guidance on posture, ergonomics, and daily habits to help reduce the chance of recurring issues.

"Care at Foster Chiropractic adapts techniques to individual patient needs," said Mason Foster, D.C., chiropractor at Foster Chiropractic. "The focus remains on root causes to support health and wellness."

For patients with work-related injuries or following auto accidents, adjustments restore alignment and joint function, which can improve nerve activity, reduce inflammation, and encourage natural healing processes.

In cases involving carpal tunnel syndrome and cumulative trauma disorders, protocols draw on specialized proficiency for diagnosis, treatment, and rehabilitation. Meridian therapy principles provide an additional dimension by integrating acupuncture concepts with chiropractic methods.

Adjustments may influence overall body function by supporting nervous system performance, though outcomes differ among patients. Many individuals report improved mobility after addressing chronic conditions or relief from pregnancy-related discomfort with adapted techniques.

The long-term experience of Karl L. Foster, D.C., has informed observations of trends in patient presentations, including those associated with sedentary lifestyles or technology use. This background contributes to customized approaches that consider contemporary factors affecting spinal health.

Family involvement in the practice provides continuity, with both doctors contributing perspectives to patient

care. Scheduled appointments support regular visits, which often play a role in achieving sustained results.

Foster Chiropractic maintains an educational orientation through resources such as its article on the benefits of chiropractic care. These materials present information on non-invasive options for pain relief and wellness. The clinic assists patients seeking treatment, education, and satisfaction in the management of back, neck, and extremity issues.

Chiropractic care is not a substitute for medical treatment, and individuals should consult qualified professionals regarding their specific health circumstances. Individual results may vary.

Foster Chiropractic functions as a family-oriented practice specializing in chiropractic adjustments. The clinic draws on accumulated expertise to provide care for patients with musculoskeletal concerns.

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Foster Chiropractic

Karl Foster, D.C. has over 30 years of experience adjusting patients. With our chiropractic adjustments, we commonly treat a wide variety of conditions.

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