



## **MaxLiving Chiropractic - Naples Offers Home Care Exercise Videos in English and Spanish**

*April 08, 2026*

NAPLES, FL - April 08, 2026 - PRESSADVANTAGE -

MaxLiving Chiropractic - Naples offers home care exercise videos in both English and Spanish. The clinic maintains a collection of 86 videos in its Home Care Exercise Videos series to support patient education and consistent wellness practices for families in the Naples community. These resources provide practical guidance for movements and routines that patients can follow at home between office visits.

The bilingual format removes language barriers and allows diverse households to access clear instructions in their preferred language. Videos cover specific exercises targeting spinal alignment, mobility, posture, and supportive movements such as stretches, cervical exercises, pelvic blocking techniques, and use of tools like wobble cushions or resistance bands. This accessibility enables patients to reinforce principles discussed during appointments and integrate gentle, safe practices into daily routines.

Home care exercise videos serve as an integral part of the clinic's educational approach. They complement professional chiropractic adjustments by encouraging active patient involvement in maintaining spinal health

and overall function. The materials emphasize accessible techniques suitable for various ages and needs, helping individuals sustain benefits from care through consistent home application.

The clinic follows a structured care process that incorporates these resources. Care begins with a detailed health history review to identify individual needs and goals. Data collection may include relevant assessments, followed by collaborative analysis of findings. Personalized strategies are developed, and the bilingual home exercise videos then provide ongoing tools for patients to apply recommendations independently while remaining aligned with clinic guidance.

Dr. Maryella Loman, Doctor of Chiropractic and board-eligible Chiropractic Sports Physician, contributes extensive experience to the clinic's educational initiatives. She graduated from the University of Minnesota and Northwestern Health Sciences University in 1989. After initially pursuing orthopedic surgery, Dr. Loman shifted to chiropractic following a personal car accident and positive experience with natural care methods. With more than 29 years of clinical practice, she co-launched MaxLiving Chiropractic - Naples in January 2018 with Dr. Greg Loman, building on their service to Naples families since 1992.

Dr. Greg Loman, Doctor of Chiropractic, adds depth through his 1990 graduation from Life University. He previously built one of the largest chiropractic clinics of its era, hosted the "Ultimate Health" radio and television programs in the 1990s, and authored the New York Times best-seller "One Minute Wellness." His background includes leadership as captain of "Team Chiropractic" in professional offshore powerboat racing and involvement in charitable initiatives providing care, healthy meals, and education to at-risk populations. Dr. Greg Loman co-founded the MaxLiving principles and the 5 Essentials framework with Dr. Maryella Loman.

The 5 Essentials framework combines core chiropractic adjustments with nutrition, mindset, oxygen and exercise, and minimization of toxins. The home care exercise videos directly support the oxygen and exercise essential by offering practical ways to promote circulation, strength, flexibility, and mobility. This holistic model aims to reduce interferences to natural body processes while empowering patients with knowledge and tools for sustained wellness.

"Bilingual home care exercise videos in English and Spanish give more families the ability to follow clear guidance and actively participate in their wellness routines at home," said Dr. Maryella Loman, Doctor of Chiropractic at MaxLiving Chiropractic - Naples.

The clinic maintains a strong emphasis on principled chiropractic and patient education. By offering resources in multiple languages, the practice facilitates engagement across the community and helps patients maintain consistency in their care. The videos reinforce concepts from appointments, promoting informed self-management alongside professional support.

"Providing home care exercise videos in both English and Spanish reflects our dedication to inclusive education, allowing patients from different backgrounds to integrate supportive movements into everyday life for improved function," said Dr. Maryella Loman, Doctor of Chiropractic at MaxLiving Chiropractic - Naples.

MaxLiving Chiropractic - Naples upholds a philosophy of natural health solutions for all life stages. The doctors' combined clinical experience exceeds 60 years, informing the development and relevance of the video content. Community involvement and charitable work complement clinical services, positioning the clinic as a resource for families seeking educational support in wellness.

The bilingual video offerings strengthen connections between in-clinic care and home practices. Patients benefit from seamless integration of professional expertise with accessible tools. This structure prioritizes education, consistency, and empowerment within the established 5 Essentials model.

MaxLiving Chiropractic - Naples is a chiropractic clinic dedicated to principled care and the 5 Essentials framework. The practice empowers families to pursue wellness by addressing root causes and supporting natural processes through spinal corrective care, nutritional guidance, and educational resources.

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For more information about MaxLiving Chiropractic Naples, contact the company here: MaxLiving Chiropractic Naples Dr. Maryella Loman (239) 300-0885 info@maxlivingnaples.com 6308 Trail Blvd, Naples, FL 34108

## **MaxLiving Chiropractic Naples**

*Doctors Greg and Maryella Loman have been serving patients in Naples since 1992 and have over 60 years of collective clinical experience.*

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