

Restoration Health Chiropractic Shares Details on Team Experience Treating Back Pain in Little Rock, AR

April 09, 2026

LITTLE ROCK, AR - April 09, 2026 -
Restoration Health Chiropractic has shared details on the collective experience of its clinical team in addressing back pain through neurologically-based corrective chiropractic care. The practice draws from the backgrounds of its doctors and the information presented in its educational resources on low back pain and mid-to-upper back tightness.

The team at Restoration Health Chiropractic consists of professionals with varied educational and clinical foundations. Dr. Keith Beachy, Lead Doctor, holds board certifications in chiropractic and functional medicine, as well as certification in neuropathy. His bachelor's degree in exercise science from the University of Arkansas and doctor of chiropractic degree from Parker University contribute to the practice's approach to musculoskeletal concerns. Other team members bring expertise in kinesiology, strength and conditioning, upper cervical techniques, pediatric care, pregnancy care, and biomechanics.

Initial patient visits at the practice include a consultation with a doctor, a complete spinal examination with

motion and static palpation, range of motion assessment, digital posture analysis, orthopedic and neurological testing, and digital motion X-rays. These steps support the creation of personalized care plans focused on spinal alignment and nervous system function.

A clinical practice guideline from the American Chiropractic Association supports the role of chiropractic care in the management of low back pain, noting that doctors of chiropractic are suited to diagnose, treat, co-manage, and manage such cases. Evidence indicates that chiropractic approaches, including spinal manipulation, are considered safe and effective for nonspecific low back pain compared to some common medical treatments.

The practice's educational materials on low back pain treatment in Little Rock describe the spine as a complex structure of tendons, ligaments, discs, muscles, and bones that protect the spinal cord. Irritation or damage to these elements, often from repetitive stress rather than single incidents, can contribute to discomfort. Factors such as obesity, arthritis, or other conditions may also play a role. The resources emphasize that low back pain is common yet not a normal state, encouraging timely professional evaluation.

For mid and upper back tightness, the materials note contributions from prolonged poor posture, stress, and repetitive activities. These can lead to muscle strain and reduced mobility in the thoracic region. The practice's approach involves assessment of spinal alignment and nervous system function to address such issues.

back pain relief in Little Rock is one area where the team's experience applies corrective techniques aimed at improving posture and reducing interference in neural pathways. Full spine methods and patient education form part of the process, helping individuals understand contributing factors and supportive habits.

Dr. Michael Butler, Owner and Chief Vision Officer at Restoration Health Chiropractic, said, "The team's combined backgrounds in chiropractic, functional medicine, exercise science, and related fields allow for comprehensive evaluation of back pain and related spinal conditions."

Dr. Keith Beachy, Lead Doctor at Restoration Health Chiropractic, said, "Experience with integrated care settings and advanced diagnostic tools supports a focus on identifying structural and neurological factors in cases of low back pain and mid-to-upper back tightness."

The mission of Restoration Health Chiropractic is to serve the community through neurologically-based corrective chiropractic care. Its vision centers on empowering individuals to make informed health decisions for their families, promoting a generation with reduced dependence on medications.

The practice operates a state-of-the-art facility designed for patient comfort. Services extend to various

musculoskeletal concerns, with emphasis on corrective care rather than symptom management alone. Patient education remains a core element, covering topics such as posture, movement, and spinal health.

National data from the American Chiropractic Association indicate that chiropractors provide care to millions of Americans annually for conditions including low back pain. Clinical guidelines from the American College of Physicians also recognize noninvasive options, including spinal manipulation, as part of best practices for acute, subacute, and chronic low back pain.

The practice's resources on back pain encourage proactive steps, noting that minor repetitive stresses can accumulate over time. Evaluation helps differentiate spinal issues from other potential causes. For mid and upper back concerns, attention to daily habits like posture during work or stress management is highlighted alongside professional care.

Restoration Health Chiropractic integrates these insights into its patient-centered model. The team applies knowledge from peer-reviewed principles in Chiropractic Biophysics where appropriate, drawing on studies related to spinal alignment, anatomy, physiology, and neurology.

This sharing of team experience and educational content aligns with ongoing community interest in non-invasive approaches to common spinal issues. The practice continues to provide care based on individual assessments and established chiropractic methods.

Additional team members include professionals with training in group exercise, personal training, yoga, and natural healing techniques. Support staff assist in coordination and patient flow, contributing to operational efficiency.

The overall approach at Restoration Health Chiropractic prioritizes neurological function and spinal integrity. Digital imaging and testing allow for precise observations that guide care plans. Follow-up visits build on initial findings to monitor progress in alignment and mobility.

Restoration Health Chiropractic maintains a commitment to community service through its chiropractic services. The focus remains on corrective methods that address underlying structural factors in back pain cases.

###

For more information about Restoration Health Chiropractic, contact the company here:Restoration Health Chiropractic - Little Rock, ARDr. Michael Butler(501) 400-7700info@rhlittlerock.com15400 Chenal Pkwy, Little Rock, AR 72211

Restoration Health Chiropractic

Our passion at Restoration Health is helping you achieve your health goals through chiropractic care, wellness-focused treatments, and cutting-edge therapies.

Website: https://rhlittlerock.com

Email: info@rhlittlerock.com

Phone: (501) 400-7700