



Restoration Health Chiropractic Publishes Resource Guide on Reducing Stiffness and Supporting Nervous System Health

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Restoration Health Chiropractic in Little Rock, AR has published an educational resource guide titled "5 Simple Ways to Reduce Stiffness and Support Your Nervous System Naturally." The guide provides information on the connection between movement, spinal function, and nervous system communication, drawing from the practice's approach to corrective care.

The resource explains that the brain and body communicate constantly through the spine and nervous system. Every movement sends signals that help the body adapt, function, and respond to stress. Regular, intentional movement keeps joints mobile, muscles balanced, and neural pathways efficient. Limited or repetitive movement patterns from prolonged sitting, driving, or screen use can lead to tension, joint restrictions, and stiffness over time. When the spine and joints do not move properly, nervous system signaling may become less efficient, contributing to symptoms such as neck and back stiffness, muscle tightness, fatigue, reduced mobility, tension headaches, and general discomfort.

The guide outlines five practical habits to address these issues. It recommends changing positions every 30 to 45 minutes to reduce stress on joints and muscles. Taking short movement breaks throughout the day, such as standing, stretching, or walking, helps improve circulation and prevent stiffness. Opening up posture by gently rolling shoulders back and lifting the chest counters forward head posture from phones and computers. Adding daily mobility exercises for the neck, shoulders, and hips maintains healthy joint motion. The guide stresses consistency with small habits repeated regularly rather than intense workouts.

Chiropractic adjustments, as described in the guide, help restore healthy motion to the spine, reduce tension on the nervous system, and support better brain-body communication. This aligns with the practice's use of Chiropractic Biophysics, a technique with over 150 peer-reviewed studies and seven textbooks that focuses on restoring normal spinal alignment through principles of anatomy, physiology, neurology, physics, and geometry.

Dr. Michael Butler, Owner and Chief Vision Officer at Restoration Health Chiropractic, said, "Movement plays a central role in nervous system health, and small daily habits combined with proper spinal alignment can help reduce stiffness and support overall function."

The guide emphasizes that the body benefits from consistent, intentional movement alongside spinal care. It notes that the spine protects the spinal cord and facilitates signals between the brain and body. When alignment and mobility improve, the nervous system can operate more efficiently.

Dr. Keith Beachy, Lead Doctor at Restoration Health Chiropractic, said, "Addressing spinal tension and movement patterns helps support the nervous system's ability to send and receive signals effectively, which many individuals experience as reduced stiffness and better daily function."

Restoration Health Chiropractic specializes in neurologically-based corrective chiropractic care. Initial appointments include a consultation with a doctor, spinal examination with motion and static palpation, range of motion assessment, digital posture analysis, orthopedic and neurological testing, and digital motion X-rays. These evaluations inform personalized treatment plans.

The clinical team brings diverse expertise. Dr. Michael Butler, a native of Hope, Arkansas, earned a bachelor's degree in nutrition from the University of Central Arkansas and his doctor of chiropractic degree from Life University, with advanced training in Chiropractic Biophysics, pediatrics, maternal care, and full spine techniques. Dr. Keith Beachy, Lead Doctor, holds board certifications in chiropractic and functional medicine and certification in neuropathy. He earned a bachelor's degree in exercise science from the University of Arkansas and his doctor of chiropractic degree from Parker University. Additional team members contribute knowledge in kinesiology, strength and conditioning, biomechanics, and related fields.

The practice's mission focuses on serving the community through neurologically-based corrective care. Its vision involves empowering individuals and families to make informed health decisions, promoting wellness with reduced reliance on medications. Patient education forms a key component, helping people understand contributing factors to stiffness and supportive strategies.

This resource aligns with broader discussions on non-invasive methods for managing everyday stiffness and supporting nervous system health. The practice continues to provide care based on individual assessments and established chiropractic principles. The guide offers accessible information for those seeking natural approaches to mobility and comfort in daily life.

Restoration Health Chiropractic operates with a patient-centered focus. Its facility supports a welcoming environment for evaluations and care. The team integrates findings from diagnostic tools to address structural and neurological factors in stiffness and related concerns.

By sharing this guide, the practice provides community members with practical steps grounded in its clinical perspective. The content encourages proactive habits while highlighting the role of spinal alignment in nervous system support.

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Restoration Health

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

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