



MaxLiving Chiropractic - Naples Highlights Long-Term Back Pain Relief Strategies

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MaxLiving Chiropractic - Naples highlights strategies for long-term back pain relief through a combined approach of chiropractic care and strength training. Back pain affects a significant portion of the population at some point, often recurring due to underlying muscular imbalances, poor posture, and movement patterns rather than isolated incidents. The clinic's resource guide emphasizes addressing these root contributors for more sustainable outcomes.

Many individuals experience temporary relief from various methods, yet pain frequently returns because foundational issues remain unaddressed. Everyday habits such as prolonged sitting, suboptimal posture, and insufficient core stability contribute to muscular weakness, joint mobility limitations, and altered movement patterns. Research links chronic back pain to these combined factors, underscoring the importance of approaches that go beyond short-term symptom management.

Chiropractic care serves as a foundational element by helping restore proper spinal alignment and joint function. Targeted adjustments can reduce nerve pressure, improve mobility, and alleviate stiffness, allowing the body to move more effectively. This step creates a better baseline for function. However, without

reinforcement, improvements may not endure.

Strength training complements chiropractic adjustments by building the supportive musculature, particularly in the core, glutes, and upper back. A structured program enhances stability, promotes better posture during daily activities, and increases resilience against strain. When implemented correctly, such training supports sustained movement quality and reduces the likelihood of recurring episodes. Studies indicate that consistent strength training correlates with fewer recurrences compared to reliance on passive interventions alone.

The combined methodology aligns with the clinic's 5 Essentials framework, which includes Core Chiropractic, Nutrition, Mindset, Oxygen and Exercise, and Minimize Toxins. This whole-body model identifies and reduces interferences to natural processes. Chiropractic adjustments address alignment within the Core Chiropractic essential, while strength training integrates with Oxygen and Exercise to maintain gains through active participation.

Patient care at MaxLiving Chiropractic - Naples follows a structured process. It begins with a thorough health history review to understand individual concerns, limitations, and goals. Data collection may involve assessments or imaging to uncover contributing factors. Results are analyzed collaboratively, leading to personalized strategies. Education empowers patients to apply recommendations, including appropriate strengthening exercises, between visits.

Dr. Maryella Loman, Doctor of Chiropractic and board-eligible Chiropractic Sports Physician, brings extensive experience to these efforts. She graduated from the University of Minnesota and Northwestern Health Sciences University in 1989. After a personal car accident and successful experience with chiropractic, she shifted from pursuing orthopedic surgery to this field. With over 29 years of practice, she co-launched the clinic in January 2018 with Dr. Greg Loman.

Dr. Greg Loman, Doctor of Chiropractic, graduated from Life University in 1990. He developed a large successful clinic, hosted health programs, authored the New York Times best-seller "One Minute Wellness," and led "Team Chiropractic" to racing championships. The doctors co-founded MaxLiving principles and the 5 Essentials framework while supporting community initiatives.

"Combining chiropractic adjustments with targeted strength training helps restore alignment and then builds the muscular support needed for lasting improvements in back function," said Dr. Maryella Loman, Doctor of Chiropractic at MaxLiving Chiropractic - Naples.

The clinic has served Naples families since 1992, with the current location established in 2018. The team's collective clinical experience exceeds 60 years. This foundation informs the practical guidance shared in resources such as the back pain article, which outlines how the dual approach leads to better movement,

reduced strain, and increased confidence in daily activities.

"Patients who engage in both chiropractic care and consistent strength training often report longer periods of comfort and greater resilience, reflecting the value of addressing both alignment and stability," said Dr. Maryella Loman, Doctor of Chiropractic at MaxLiving Chiropractic - Naples.

MaxLiving Chiropractic - Naples applies this integrated perspective across patient needs. The process prioritizes individualized plans rather than generic solutions. Education on posture, movement quality, and progressive exercise supports long-term adherence. This model fits within broader patterns of chiropractic utilization, where many seek non-invasive options for musculoskeletal concerns.

The clinic emphasizes collaboration with patients' overall healthcare providers. Recommendations focus on sustainable habits that complement professional care. Community-oriented values, including charitable work, further shape the practice's role in supporting wellness.

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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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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