

Wave Chiropractic Offers Back Pain Relief Manatee County, FL

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BRADENTON, FL - June 16, 2026 -
Wave Chiropractic provides care focused on back pain relief Manatee County, FL. The practice addresses one of the most common health concerns, as back pain affects a significant portion of the population at some point in life. Chiropractic care offers a natural approach to managing this issue through spinal adjustments and related techniques aimed at restoring proper alignment and function.

Back pain may arise from multiple sources such as overexertion, improper lifting, muscle strain, arthritis, nerve conditions, disc bulges or herniations, and subluxations. These can result in inflammation, tissue pressure, and changes in nervous system signaling. The practice focuses on identifying potential root causes to support individualized care plans.

A 2018 study published in JAMA Network Open found that chiropractic care added to usual medical care resulted in moderate short-term improvements in low back pain intensity and functional outcomes compared to usual medical care alone. Additional research, including a 2024 review, has shown positive associations

with spinal manipulation for chronic back pain relief.

Dr. John Carleton and Dr. Mary Carleton, both graduates of Logan College of Chiropractic with more than two decades of experience each, lead the care at the practice. Dr. John Carleton brings expertise in Chiropractic Biophysics and Active Release Technique, informed by his prior work as an emergency medical technician and in physical therapy. Dr. Mary Carleton holds certification through the International Chiropractic Pediatric Association and emphasizes approaches suitable for families.

The practice utilizes techniques including spinal decompression, flexion-distraction, intersegmental traction therapy, electrotherapy, Arthrostim instrument adjusting, and low-force adjustments. These methods are applied following patient assessments to address spinal alignment and support mobility. Care extends to related services such as prenatal care, sports and athlete support, auto injury recovery, wellness programs, and pediatric care.

Dr. Mary Carleton shared insights on the role of education. "Patient education helps families understand spinal health and wellness considerations," said Dr. Mary Carleton. "Collaborative approaches support individuals in exploring proactive strategies."

Dr. John Carleton addressed the collaborative nature of the practice. "Working together enables the practice to address family needs across different life stages," said Dr. John Carleton.

A longitudinal observational study of adults with low back and neck pain receiving chiropractic care reported statistically significant improvements in physical and mental health-related quality of life measures after three months. Other recent research has documented positive outcomes associated with chiropractic spinal manipulation for back pain management.

Patient education is integrated into the services at Wave Chiropractic. The practice offers interactive spine education resources that cover the cervical, thoracic, lumbar, sacral, and coccyx regions. These tools provide details on nerve root connections and their relationships to body functions.

The clinic maintains a collection of chiropractic videos on adjustment techniques, spinal health principles, stress management, and related topics. These materials, along with frequently asked questions and blog content, support patient learning about chiropractic concepts.

Dr. Mary Carleton enjoys time with her three children through activities such as pool visits and building sandcastles on the beach. She also pursues interests in cooking and baking. Dr. John Carleton values family time and the beach environment in the Bradenton area. Their shared professional background contributes to the family-oriented focus of the practice.

Wave Chiropractic operates as a community-based clinic serving the Bradenton and broader Manatee County area. The facility provides personalized care plans centered on spinal health and nervous system considerations. The team works to create a supportive setting for patients seeking natural methods.

The practice philosophy involves attention to spinal alignment and patient involvement through education and communication. Techniques are tailored based on assessments to address concerns such as disc issues and subluxations commonly linked to back pain. This supports the overall goal of promoting mobility and comfort.

The doctors' experience with various techniques provides options for patients in the region. Educational resources supplement in-office discussions to reinforce understanding of spinal topics. The clinic remains dedicated to serving local residents with professional chiropractic services.

Additional factors such as posture, daily activities, and stress management are considered in the approach to back pain. The practice encourages patient engagement with available resources to complement care plans. This contributes to a comprehensive view of spinal health support.

Wave Chiropractic continues to offer services tailored to common musculoskeletal concerns. The focus remains on techniques drawn from chiropractic principles to assist patients experiencing back pain in the Manatee County area. The team's commitment to ongoing education aligns with delivering consistent care.
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Wave Chiropractic

Dr. John Carleton is a seasoned chiropractor with over two decades of experience dedicated to empowering individuals to achieve optimal health and wellness.

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