

Awaken Chiropractic Provides Back Pain Relief in Alachua County FL

July 06, 2026

GAINESVILLE, FL - July 06, 2026 -

Awaken Chiropractic provides back pain relief in Alachua County FL through neurologically based chiropractic care. The practice, located in Gainesville, focuses on spinal re-alignments that aim to address the root causes of discomfort for residents experiencing back issues. Back pain affects a significant portion of the population, and the team at Awaken Chiropractic applies science-backed methods to support improved function in the lumbar spine and surrounding structures.

Dr. Shane Semegon and Dr. Brittany Semegon lead the practice as Gainesville natives. Both graduated from the University of Florida before earning their doctorates at Palmer College of Chiropractic Florida. They gained clinical experience at Cornerstone Family Chiropractic in Alabama, one of the largest pediatric offices in the Southeastern United States. This background contributes to their approach to care for patients of all ages, including those seeking relief from back pain.

Back pain ranks as one of the most common health concerns, with many individuals encountering it at some point. Factors such as poor posture from prolonged sitting, physical labor, or stress-related muscle tension can contribute to these issues. At Awaken Chiropractic, practitioners identify potential spinal misalignments, or subluxations, that may place pressure on nerves and supporting tissues. Targeted adjustments seek to restore proper alignment, enhance joint movement, and reduce strain on muscles and nerves.

The practice emphasizes a focus on long-term functional improvement rather than solely addressing immediate symptoms. Adjustments help promote better spinal mechanics and nervous system communication. This method aligns with the broader principles of chiropractic care taught at accredited institutions like Palmer College of Chiropractic. The team views such care as a safe option for many individuals dealing with back discomfort.

Dr. Shane Semegon drew from his upbringing in a chiropractic family. "Exposure to specific adjustments in

my early years demonstrated their role in addressing concerns like back and neck issues," said Dr. Shane Semegon, chiropractor at Awaken Chiropractic. "This informs our work in providing care that supports spinal health for patients in Alachua County."

Dr. Brittany Semegon shared insights based on her experiences. "Chiropractic care has played a significant part in managing various health aspects, including those related to overall comfort," said Dr. Brittany Semegon, chiropractor at Awaken Chiropractic. "We apply these principles to help individuals in our community achieve better daily function."

The practice serves the community with ethical and principled methods. Spinal re-alignments at Awaken Chiropractic are designed for safety across age groups, from infants to seniors. For back pain cases, the approach centers on the lumbar region, where misalignments often impact mobility, stability, and comfort. Practitioners work to decrease tension and improve support in the lower back area.

Educational resources at the practice explain how chiropractic care fits into wellness strategies. Information highlights that back pain frequently leads patients to seek manual therapies. Studies in the field indicate that spinal manipulation can contribute to reduced discomfort and better movement in many cases. The team at Awaken Chiropractic integrates these concepts into patient care while recommending coordination with other healthcare providers.

Dr. Sarah Hull joins the founding doctors on the team. She graduated from Palmer College of Chiropractic in Port Orange, Florida, and brings experience from family-focused practices in New York and Indiana. Her certification in the Webster Technique through the International Chiropractic Pediatric Association adds to the collective expertise. The full team, including Office Manager Lilli Anne Rowland, supports a patient-centered environment in Gainesville.

Awaken Chiropractic operates with a mission to equip community members with tools for lifetime health. This includes guidance on posture and lifestyle factors that complement spinal adjustments. For those in Alachua County dealing with back pain, the practice offers assessments to determine appropriate techniques. Adjustments are precise and tailored to individual needs, aiming to optimize nervous system performance.

The prevalence of back pain makes it a frequent reason for chiropractic visits. Data suggests it accounts for a substantial percentage of such consultations. At Awaken Chiropractic, the neurologically based approach seeks to address underlying dysfunction rather than isolated symptoms. This method supports natural body processes and may help with chronic tension or stiffness associated with back issues.

The founders returned to Gainesville after their time in Alabama to establish the practice. Their shared training and family-oriented experiences shape services for local residents. Back pain relief forms part of a

comprehensive offering that covers various wellness needs. The team remains dedicated to principled care that aligns with scientific chiropractic standards.

Patients at the practice receive care in a welcoming setting. The inclusion of team member Paxton, a French Bulldog, contributes to a comfortable atmosphere for visits. This environment supports individuals seeking back pain management through regular adjustments and ongoing support.

The practice continues to evolve with advancements in chiropractic techniques. Ongoing professional development ensures methods remain current. For back pain in particular, the focus on lumbar spine function helps patients improve stability and reduce interference that can limit activities.

Community involvement is central to Awaken Chiropractic. The team contributes to local initiatives while providing clinical services. This dual focus strengthens ties in Alachua County and surrounding areas. Pediatric and adult care, including back pain services, reflect the practice's commitment to all age groups.

Practitioners observe that proper spinal alignment can influence overall comfort and movement. Educational materials discuss common contributors to back pain, such as occupational factors and stress. The goal is to inform residents about potential supportive roles of chiropractic adjustments within a broader health context.

Awaken Chiropractic maintains a philosophy of proactive wellness. Spinal re-alignments serve as a foundation, with additional resources provided for long-term management. Individuals in Alachua County can access this care as part of efforts to address prevalent issues like back pain through natural, non-invasive methods.

The team's extensive training in pediatric and maternal care extends to general family health, including back concerns that affect daily life. Dr. Shane Semegon's family background and Dr. Brittany Semegon's personal journey with chiropractic reinforce their dedication. Together, they lead efforts to support community members seeking improved function.

In providing back pain relief in Alachua County FL, Awaken Chiropractic applies consistent, evidence-informed principles. The practice's location in Gainesville serves as a hub for residents across the county. Adjustments aim to facilitate better nervous system communication, which practitioners link to reduced discomfort and enhanced well-being.

Awaken Chiropractic is a chiropractic practice in Gainesville, Florida, dedicated to neurologically based care that supports health for all ages. Founded by Dr. Shane Semegon and Dr. Brittany Semegon, the team

delivers spinal re-alignments and wellness education based on accredited training and a commitment to the local community.

###

For more information about Awaken Chiropractic, contact the company here:Awaken ChiropracticDr. Shane Semegon(352) 558-3032nfo@awakenmyhealth.com2321 NW 41 St B, Gainesville, FL 32606

Awaken Chiropractic

Our team of experienced chiropractic care professionals in Gainesville, FL are here to make sure that you have the best experience possible. To

Website: <https://awakenmyhealth.com>

Email: nfo@awakenmyhealth.com

Phone: (352) 558-3032

