

Backcountry Chiropractic Addresses Sciatica Pain Relief in Summit County, CO

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Backcountry Chiropractic provides approaches to sciatica pain relief in Summit County, CO through its nervous system-focused chiropractic services. The practice, located in Frisco, evaluates spinal function and its relationship to the sciatic nerve, which extends from the lower spine through the hips and buttocks down each leg. This service forms part of care available to adults in the Summit County community who experience symptoms associated with nerve irritation or compression.

Sciatica involves irritation or compression of the sciatic nerve, the longest nerve in the body. Common symptoms include pain that travels from the lower back into the hip or leg, tingling or pins-and-needles sensations, numbness in the leg or foot, and muscle weakness. Discomfort often worsens with sitting, bending, or lifting. Causes typically include disc irritation or bulging in the lower spine, joint restrictions in the low back or pelvis, muscle tightness in the hips or lower back, prolonged sitting, poor posture, lifting injuries, repetitive movements, or previous trauma. Even minor changes in spinal movement can influence sciatic nerve function due to the close connection between the spine and the nervous system.

At Backcountry Chiropractic, the approach centers on assessing how the spine and nervous system interact. Practitioners evaluate the entire spine rather than isolating the lower back, since restrictions in movement or alignment can contribute to pressure or irritation along the sciatic nerve pathway. The initial visit lasts approximately 30 minutes and includes a review of health history, a thorough examination, posture screening, and nervous system scans. These steps support the development of a personalized care plan. Follow-up visits review progress and adjust the plan as needed. The practice does not process insurance claims directly, though patients may submit for reimbursement where eligible, and it accepts health savings accounts and flexible spending accounts.

The goal of care is to restore healthy spinal movement and reduce stress or irritation on the nervous system. According to the practice, this may support decreased nerve irritation, improved spinal mobility, reduced muscle tension in the hips and low back, better posture, and enhanced nervous system communication. Chiropractic methods used are non-invasive and conservative. The practice notes that most cases of sciatica improve with conservative care over time, while surgery is typically considered only for severe or persistent situations. Ongoing care aims to maintain spinal mobility and nervous system balance to help reduce the likelihood of future flare-ups.

Dr. Danny Otis, DC, LCP, DPhCS, founder and chiropractor, brings a background in assessing root factors rather than focusing solely on symptoms. He completed undergraduate studies at the University of Wisconsin?Eau Claire with majors in Kinesiology: Movement Studies and Psychology: Human Behavior, earned his Doctor of Chiropractic degree from Life Chiropractic College West with Clinical Honors, and holds the Diplomate in Philosophical Chiropractic Standards, achieved by approximately 300 chiropractors worldwide. "Sciatica often relates to restrictions in spinal movement that affect nerve function," said Dr. Danny Otis, founder and chiropractor at Backcountry Chiropractic. "Our evaluations examine the full spine and nervous system to identify contributing factors and develop plans tailored to each patient's circumstances."

Dr. Alex Paul, DC, PAK, co-founder and chiropractor, emphasizes a whole-person perspective informed by her studies in Integrative Physiology and Neuroscience at the University of Colorado Boulder and her Doctor of Chiropractic degree from Life Chiropractic College West, where she graduated at the top of her class. She is certified in Applied Kinesiology and previously provided care in Wisconsin school districts, including leadership of a high school athletic program. "Conditions like sciatica involve the nervous system's role in movement and sensation," said Dr. Alex Paul, founder and chiropractor at Backcountry Chiropractic. "By addressing spinal alignment and nerve communication, care can support the body's natural processes in a comprehensive way."

Services at the practice extend across age groups, though sciatica commonly affects adults. Care for adults

addresses concerns such as back pain, neck pain, headaches, sciatica, and injuries, while considering factors like sleep and stress resilience. The Frisco location serves Summit County residents and visitors engaged in outdoor activities including skiing, hiking, snowboarding, running, and golfing. Both practitioners maintain active lifestyles consistent with the region?Dr. Otis participates in running, golfing, snowboarding, hockey, surfing, and hunting, while Dr. Paul engages in skiing, hiking, surfing, and golfing. These experiences provide context for understanding physical demands that may contribute to or benefit from spinal and nervous system care.

Chiropractic principles at Backcountry Chiropractic view the body as an integrated system in which spinal movement influences nervous system signaling. The Diplomate qualification held by Dr. Otis reflects advanced study in the profession's philosophical and clinical standards. Dr. Paul's Applied Kinesiology certification incorporates additional assessment methods. Together, these backgrounds support structured evaluations focused on individual goals and clear explanations throughout the care process.

Summit County communities experience physical demands from both daily routines and recreational activities that can place stress on the lower spine and nervous system. The practice operates in a community-oriented setting designed to facilitate open discussions about health history, current function, and patient objectives. Care plans evolve based on progress and changing needs rather than standardized protocols.

Backcountry Chiropractic delivers nervous system-oriented chiropractic services to people of all ages in Frisco, CO. Founded by Dr. Danny Otis and Dr. Alex Paul, the practice applies principles of spinal assessment to support patient function according to individual circumstances.

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Backcountry Chiropractic

Backcountry Chiropractic provides nervous system?based chiropractic care for all ages in Frisco, CO and beyond.

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