

February 2026: Start Strong This Year!

As we settle into the new year, many of us are feeling the strain — literally. Desk work, winter posture slumps, and even carrying holiday leftovers (in stress form!) often lead to that nagging **upper back pain** right between the shoulder blades.

The good news? **Chiropractic care** excels at addressing thoracic spine (upper/mid-back) issues through gentle adjustments that realign the vertebrae, release muscle tension, and restore better mobility — often providing fast, drug-free relief.

Here are some common causes of upper back discomfort and how chiropractic can help:

- Poor posture from screens/devices
- Muscle tension & tightness
- Spinal misalignments (subluxations)
- Stress-related tightness

Quick at-home tips to try this month while considering professional care:

- Practice the **cat-cow stretch** daily to mobilize the thoracic area
- Use heat therapy for muscle relaxation
- Focus on posture: roll shoulders back & down hourly

Heart Your Spine in February

It's heart month, but also the perfect time to "heart" your spine too! After January resolutions fade, February is when many people notice built-up tension turning into real pain. Don't wait — proactive chiropractic care can help you move better all year long.

If upper back stiffness is slowing you down, consider stopping in for an adjustment. Many find significant improvement after just a few targeted adjustments.

Stay aligned & pain-free this winter!

Your friendly neighborhood spine health reminder ✨

February

Feb 9th - 20th: \$14 New Patient Special

2026

Thursday, February 12th: Open 10-12:30 & 3-6:30
Friday, February 13th: CLOSED

All Patients Must Be Checked-In and Present No Later Than 5 Minutes Before Closing in Order To Be Seen

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4	5	6	7
	10:00am - 12:30pm 3:00 - 6:30pm Groundhog Day	10:00am - 12:30pm 3:00 - 6:30pm	10:00am - 12:30pm 3:00 - 6:30pm	3:00 - 6:30pm	10:00am - 12:30pm	
8	9	10	11	12	13	14
	10:00am - 12:30pm 3:00 - 6:30pm	10:00am - 12:30pm 3:00 - 6:30pm	10:00am - 12:30pm 3:00 - 6:30pm	*10:00am - 12:30pm* 3:00 - 6:30pm	CLOSED	Valentine's Day
15	16	17	18	19	20	21
	10:00am - 12:30pm 3:00 - 6:30pm Presidents Day	10:00am - 12:30pm 3:00 - 6:30pm	10:00am - 12:30pm 3:00 - 6:30pm	3:00 - 6:30pm	10:00am - 12:30pm	
22	23	24	25	26	27	28
	10:00am - 12:30pm 3:00 - 6:30pm	10:00am - 12:30pm 3:00 - 6:30pm	10:00am - 12:30pm 3:00 - 6:30pm	3:00 - 6:30pm	10:00am - 12:30pm	