

## 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

2026

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

**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<br>3:00 - 6:30pm<br>Groundhog Day  | 10:00am - 12:30pm<br>3:00 - 6:30pm | 10:00am - 12:30pm<br>3:00 - 6:30pm | 3:00 - 6:30pm                        | 10:00am - 12:30pm |                 |
| 8      | 9  | 10                                 | 11                                 | 12                                   | 13                | 14              |
|        | 10:00am - 12:30pm<br>3:00 - 6:30pm                   | 10:00am - 12:30pm<br>3:00 - 6:30pm | 10:00am - 12:30pm<br>3:00 - 6:30pm | *10:00am - 12:30pm*<br>3:00 - 6:30pm | CLOSED            | Valentine's Day |
| 15     | 16   | 17                                 | 18                                 | 19                                   | 20                | 21              |
|        | 10:00am - 12:30pm<br>3:00 - 6:30pm<br>Presidents Day | 10:00am - 12:30pm<br>3:00 - 6:30pm | 10:00am - 12:30pm<br>3:00 - 6:30pm | 3:00 - 6:30pm                        | 10:00am - 12:30pm |                 |
| 22     | 23   | 24                                 | 25                                 | 26                                   | 27                | 28              |
|        | 10:00am - 12:30pm<br>3:00 - 6:30pm                   | 10:00am - 12:30pm<br>3:00 - 6:30pm | 10:00am - 12:30pm<br>3:00 - 6:30pm | 3:00 - 6:30pm                        | 10:00am - 12:30pm |                 |
|        |  |                                    |                                    |                                      |                   |                 |
|        |  |                                    |                                    |                                      |                   |                 |
|        |  |                                    |                                    |                                      |                   |                 |
|        |  |                                    |                                    |                                      |                   |                 |

Lancaster Chiropractic Life Center - 1668 Lincoln Highway East - (717) 394-2444 - [www.lancasterpa-chiropractor.com](http://www.lancasterpa-chiropractor.com)