



Back-to-School Wellness: Tips for Students and Parents

As students head back to school, setting up an ergonomic study space is crucial. Ensure their desk and chair are properly aligned, with the chair providing lumbar support and the desk at a height that allows their elbows to form a 90-degree angle. A computer screen should be at eye level to prevent neck strain.

To prevent back pain from heavy backpacks, encourage students to use both shoulder straps and pack only essential items. Parents can promote healthy habits by overseeing their children's posture and reminding them to take breaks and stretch during long study sessions.



Summer Sports and Injury Prevention: Staying Active and Safe

To avoid common sports injuries during summer activities, start with proper warm-ups to prepare your muscles and joints. Engage in dynamic stretches and gentle exercises that increase blood flow and flexibility before intense physical activity.

Additionally, ensure your equipment is in good condition and suited for the activity, such as proper footwear for running or well-fitted gear for tennis and soccer. Regularly inspect and replace worn-out equipment to prevent injuries and enhance performance. For personalized guidance and recovery support, Domier Chiropractic can help with targeted adjustments and injury prevention strategies.



Boost Your Immune System: Chiropractic Care and Overall Health

Chiropractic care supports immune function by ensuring proper spinal alignment, which helps optimize nerve function and reduce stress on the body. This alignment enhances the body's ability to respond to infections and maintain overall well-being.

Integrate chiropractic adjustments with a balanced diet, regular exercise, and effective stress management for comprehensive health. Eating nutrient-rich foods, staying active, and practicing relaxation techniques complement chiropractic care, boosting your immune system and promoting overall vitality.

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