

September Newsletter

DOMIER CHIROPRACTIC

VOL. 2

Issue: 9

DOMIER
CHIROPRACTIC



Sports Injury 101: How Chiropractic Can Help

Fall sports are a highlight of the season—whether it's football, soccer, cross-country, or gymnastics, kids and adults alike are getting active. But with the excitement also comes an increased risk of sports injuries. Common issues like sprains, strains, shin splints, and shoulder or knee pain can sideline even the most dedicated athletes. The good news? Chiropractic care can play a major role in both prevention and recovery.

When the spine and joints are properly aligned, the body moves more efficiently and is less prone to injury. Adjustments help improve mobility, restore balance, and keep muscles and joints functioning as they should. If an injury does occur, chiropractic care supports faster healing by reducing inflammation, improving circulation, and decreasing muscle tension. At Domier Chiropractic, we often pair adjustments with stretches, strengthening exercises, and lifestyle guidance to keep athletes performing their best.

Whether you or your child is preparing for a big game or just enjoying recreational activities, keeping the body in top condition is key. Don't wait until pain stops you—regular chiropractic care can be a game-changer for athletes of all ages.



Backpack Basics: Choosing the Right Fit for Your Child

Back-to-school season is here, and while new supplies are exciting, one item deserves extra attention—the backpack. Did you know that carrying a backpack that's too heavy or poorly fitted can lead to neck, shoulder, and back pain in children? Over time, this can even affect posture and spinal alignment. The good news is that a few simple adjustments can make all the difference.

When choosing a backpack, make sure it's no wider than your child's torso and sits comfortably in the middle of the back, not sagging below the waist. Padded, adjustable shoulder straps are essential, and both straps should always be worn to evenly distribute weight. The backpack itself should weigh no more than 10–15% of your child's body weight—for example, a 60-pound child should carry no more than 6–9 pounds. Encourage kids to pack only what they need for the day to lighten the load. At Domier Chiropractic, we see many young patients who benefit from simple posture checks and spinal adjustments during the school year. With the right backpack and regular chiropractic support, kids can protect their spines, improve posture, and focus on learning pain-free.



Supplement Spotlight: Stay in the Game Naturally

Between busy school schedules, fall sports, and everyday activities, it's easy for the body to become fatigued, sore, or inflamed. That's where nutrition plays a key role. This month, we're highlighting three supplements that can help you and your family stay strong, recover faster, and feel your best—naturally. Turmeric is well-known for its powerful anti-inflammatory benefits, making it a great option for athletes or anyone dealing with joint discomfort. SuperNutes provide a balanced mix of essential vitamins and minerals, perfect for supporting growing kids, active teens, and adults who need an extra boost. And Omega-3 fatty acids not only support joint mobility and reduce stiffness but also play a big role in brain health, focus, and mood regulation—important for students and professionals alike.

When paired with chiropractic care, these supplements create a strong foundation for overall wellness. Adjustments help restore balance to the body, while the right nutritional support provides the building blocks for healing and energy. If you're curious about how these supplements might fit into your daily routine, ask us at your next visit. Together, we can create a personalized approach to keep you moving, learning, and thriving this fall.

Brittany Domier