

February Newsletter

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DOMIER CHIROPRACTIC

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DOMIER
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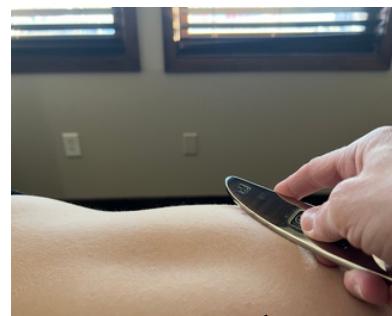
Massage Therapy: More Than Just Relaxation

Massage is often thought of as a luxury, but it's also a powerful tool for supporting physical and mental health. Beyond relaxation, massage therapy helps reduce muscle tension, improve circulation, support recovery, and calm the nervous system. In the middle of winter—when stress levels are high and bodies feel tight—massage can make a meaningful difference.

When muscles are tense or overworked, they can restrict movement and place extra strain on joints. Massage helps release these tight areas, allowing the body to move more freely and comfortably. Improved circulation also supports tissue healing and reduces soreness after workouts, long days at work, or repetitive tasks.

At Domier Chiropractic, massage therapy is often paired with chiropractic care and Graston to create a more comprehensive approach to healing. Relaxed muscles respond better to adjustments, and patients often experience longer-lasting relief when massage is part of their care plan.

Massage also plays a role in mental well-being. By lowering stress hormones and promoting relaxation, it can improve sleep, focus, and overall mood. Whether you're managing chronic tension or simply need time to reset, massage therapy supports your body and mind together—making it an essential part of whole-body wellness, not just a treat.



Graston 101: What It Is and How It Helps

If you've ever dealt with stubborn muscle tightness, old injuries, or areas that just won't loosen up, you may benefit from Graston Technique®. Graston is a form of instrument-assisted soft tissue therapy that helps identify and treat restrictions in muscles, fascia, and connective tissue. Using specialized tools, your provider can gently break down scar tissue and adhesions that limit movement and cause discomfort.

Many people don't realize how much scar tissue builds up over time—from repetitive movements, past injuries, workouts, or even prolonged sitting. These restrictions can reduce mobility, create compensations, and slow healing. Graston helps improve blood flow to affected areas, stimulate tissue repair, and restore healthier movement patterns.

At Domier Chiropractic, Graston is often used alongside chiropractic adjustments to help the body respond more effectively to care. When tight or restricted tissues are addressed, adjustments tend to hold better, movement improves faster, and patients often feel relief sooner.

While Graston may cause mild soreness temporarily, many patients notice improved flexibility, reduced tension, and better function within just a few sessions. It's a great option for athletes, active individuals, or anyone dealing with chronic tightness. Graston isn't about force—it's about helping your body heal and move the way it was designed to.



Love Your Joints This February: Why Turmeric Matters

February is all about love—and this month, we're focusing on loving your joints. Cold weather, less movement, and everyday stress can leave joints feeling stiff, achy, or inflamed. That's where turmeric comes in. Turmeric has been used for centuries to support a healthy inflammatory response and promote joint comfort. Its active compound, curcumin, helps the body manage inflammation naturally, which can make a noticeable difference in how joints feel and move. Supporting joint health isn't just about managing discomfort—it's about maintaining mobility, flexibility, and long-term function. When inflammation is better regulated, joints often move more freely and recover more efficiently after activity or daily strain. This can be especially helpful during winter when people tend to move less and feel stiffer overall. Turmeric works best as part of a consistent routine, paired with hydration, regular movement, and supportive care. At Domier Chiropractic, we often recommend turmeric as a gentle, whole-food option for patients looking to support joint health naturally. When combined with chiropractic care, soft-tissue work, and healthy lifestyle habits, turmeric can be a powerful ally in keeping your body moving comfortably.

This February, consider showing your joints a little extra love—small, supportive choices now can help you move better not just this winter, but all year long.

Brittany Domier