Charleston's Premier Pediatric & Family Wellness Practice

Charleston Chiropractic Studio

Issue No. 7| July 2026



July Highlights

Throughout July, we're honored to thank the men and women who serve our community. **All first responders will receive a complimentary new patient examination** as our way of showing appreciation for their dedication and service. If you or someone you know is a **first responder**, we'd love to welcome you to the practice!

info@charlestonchirostudio.com (843) 852-4141 1941 Savage Rd, Suite 300D, Charleston, SC 29407

July Wellness Insights

Wellness Care: Why Consistency Matters



Our bodies were designed to move, and **healthy movement starts with a healthy spine**. Every time you bend, reach, walk, or lift, your spine and nervous system work together to keep you moving efficiently and comfortably. **When movement is restricted, even simple daily activities can become more difficult over time.**

A review published in the *Journal of Chiropractic Humanities* explored the role of **routine chiropractic care in supporting long-term spinal health.** The authors suggest that **maintaining normal joint motion may help the body function more efficiently, even before pain develops.** Rather than waiting for symptoms to appear, **wellness care focuses on preserving healthy movement** and supporting the body's natural ability to adapt to everyday physical stress.

When spinal joints move as they were designed to, they may help support:

- **Healthy joint motion and flexibility**
- **Better muscle function and coordination**
- **Efficient communication throughout the nervous system**
- **Improved mobility for work, exercise, and daily activities**
- **An active, healthy lifestyle as you age**

The review also highlights that **chiropractic care is most effective when paired with other healthy habits**, including regular exercise, proper nutrition, and an active lifestyle. **Together, these choices help support your body's ability to move, recover, and perform at its best.**

While no single treatment can prevent every condition, **maintaining healthy spinal movement may help reduce physical limitations associated with restricted joint motion and support better overall function throughout life**.

At Charleston Chiropractic Studio, our goal is more than helping you feel better after pain begins—we're here to help you keep moving well for life.

Taylor, D. N. (2011). *A theoretical basis for maintenance spinal manipulative therapy for the chiropractic profession*. *Journal of Chiropractic Humanities*, *18*(1), 74–85.

July Wellness Insights

One Simple Challenge: Stack Your Movement



We all have habits we do every day without thinking—brewing coffee, brushing our teeth, checking the mail, or walking the dog. **This month**, **try habit stacking** by pairing a few minutes of movement with something you're already doing.

Try stacking movement onto these daily habits:

- **Coffee brewing?** Stretch while you wait.
- **After brushing your teeth?** Do 10 bodyweight squats or a few shoulder rolls.
- **Watching TV?** Stand up and move during every commercial break.
- **On a phone call?** Walk instead of sitting.
- **Walking the dog?** Take one extra lap around the block.
- **Arrive at work or the store?** Park a little farther away.
- **After dinner?** Take a 10-minute family walk.

You **don't have to find extra time**—you simply **attach a new habit to one you already have**.

Challenge yourself to **stack one movement habit onto your daily routine this week**. Small, consistent actions can lead to **lasting changes**, and your body will thank you for every step.



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July Wellness Insights

Elijah: July Patient of the Month

As a paramedic and firefighter, Elijah relies on strength, mobility, and endurance every day. Keeping his body functioning at its best isn't just important - it's essential. We're proud to support our first responders in their health and wellness journeys.



"**Consistent chiropractic care has changed my life**. I've noticed improvements in my **sleep, mobility, strength,** and **overall well-being.** Despite having a physically demanding job, I've **never felt better**. I truly believe that, for me, **high-quality chiropractic care has been an important part of staying healthy, maintaining my body, and supporting long-term quality of life.** None of it would have been possible without **two great doctors in my corner.**"

Best of South Carolina 2026

We are honored to be recognized in the **2026 Best of South Carolina Awards!**

Being recognized is a reflection of the incredible support from our patients and the Charleston community. We are especially proud to be the **only chiropractic practice in Charleston recognized** this year.

Thank you for your trust, your support, and your votes. This recognition belongs to all of you, and we look forward to continuing to serve our community with excellence for years to come.



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