



## Discover Updates

January 30th, 2024

### HOURS THIS WEEK

MONDAY | 8-11 AM, 3-7 PM  
TUESDAY | By Appointment Only  
WEDNESDAY | 8-11 AM, 3-7 PM  
THURSDAY | Closed  
FRIDAY | 8-11 AM, 3-7 PM  
SATURDAY | 9 AM - 11 AM

[VIEW HOURS](#)

#### FLY COMFORTABLY: KEY TIPS FOR A PAIN-FREE FLIGHT!

Getting ready for your next trip?

If so, it's crucial to consider an often-overlooked aspect of travel comfort - your spinal health!

Here are some essential tips to help keep your back happy and pain-free while you're up in the air!



#### ESSENTIAL TIPS FOR A PAIN-FREE FLIGHT:

- 1. Posture:** As you settle into your flight, remember that good posture is your best friend. Keep your feet flat on the floor and maintain a straight spine - your back will thank you for it!
- 2. Stretch and Stroll:** Feeling a bit stiff? Gently stretch in your seat whenever possible. Also, don't hesitate to take advantage of the aisle for regular walks. These simple movements can make a world of difference.
- 3. Lumbar Support:** A lumbar pillow isn't just a luxury; it's a necessity for extra support in your lower back. This small addition can significantly enhance your comfort during long flights.
- 4. Stay Hydrated:** Hydration plays a key role in spinal health. Ensure you drink plenty of water and avoid alcohol and caffeine to prevent dehydration.

By incorporating these quick yet effective tips, you can make your flight significantly more enjoyable and keep your back in a happy state!

Need more insights? Schedule your consultation [HERE!](#)

[Request An Appointment!](#)

*J. Algaier*  
DR. JEFF ALGAIER, D.C.

#### CONNECT WITH US



Discover Chiropractic

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## Discover Updates

November 27th, 2023

### HOURS THIS WEEK

MONDAY | 8-11 AM, 3-7 PM  
TUESDAY | Closed  
WEDNESDAY | 8-11 AM, 3-7 PM  
THURSDAY | Closed  
FRIDAY | 8-11 AM, 3-7 PM  
SATURDAY | 9 AM - 11 AM

[VIEW HOURS](#)

#### HOW SOFT COUCHES CAN IMPACT YOUR SPINAL HEALTH

Hi,

Dr. Jeff from Discover Chiropractic here.

Ever thought about how your comfy couch affects your back?

While relaxing on a soft couch might feel nice, it might not be giving your back the support it needs.

It's essential to consider, as a lack of proper support can lead to back pain and posture issues.



#### Click to Watch the Video!

Here's what you can do:

**Check Your Sitting Habits:** Is your sofa naturally supporting your back?

**Ergonomic Solutions:** Think about adding a lumbar pillow for extra support.

**Book a Check-Up:** Don't wait until it's too late; get your spine checked!

Remember, a healthy spine means a happier you!

[Request An Appointment!](#)

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