

The Joint Chiropractic Shares Five Practical Habits to Celebrate World Spine Day

SCOTTSDALE, AZ, UNITED STATES, October 10, 2025 /EINPresswire.com/ -- Every year on October 16, communities around the globe come together to commemorate World Spine Day. To keep raising awareness about the crucial role it plays in keeping the bodies alive and responsive, The Joint Corp. (NASDAQ: JYNT), the nation's largest franchisor of chiropractic care through [The Joint Chiropractic®](#) network, shares five fundamental habits to support spinal health.



At The Joint Chiropractic, we see the spine for what it really is: far more than a column of bones"

Dr. Dustin DebRoy, D.C.

"At The Joint Chiropractic, we see the spine for what it really is: far more than a column of bones", explains Dr. Dustin DebRoy, D.C. "It's the guardian of your nervous system, the architectural base that holds you upright, and the channel through which your brain communicates with

your body. Caring for it can shape the life you want to live tomorrow, next year, and for decades to come", he says.

Five Chiropractic – recommended essential practices:

1. Movement throughout the day: Frequent movement fuels the spine and helps keep joints and discs healthy. Even short breaks to stand, stretch, or walk every 30–60 minutes can reduce stiffness, tension, and poor posture from prolonged sitting.
2. H is for hydration: Adequate hydration is essential for spinal disc health. Adults should aim to drink about half their body weight in ounces of water each day and include water-rich foods, such as fruits and vegetables, to support optimal spine function.
3. Strengthen the core: A strong core, including deep spinal and abdominal muscles, stabilizes the frame and eases the load on the spine. Regular core exercises, such as planks or gentle Pilates, help prevent strain and injury.
4. Stretching to stay flexible: Consistent stretching, especially after extended periods of sitting, helps keep muscles loose, maintains spinal alignment, and improves circulation while reducing tension.
5. Supporting spinal health with routine chiropractic care: When joints in the back or neck are

not moving as they should, the body adapts by tightening surrounding muscles, reducing mobility, and sometimes creating discomfort. Left unaddressed, these restrictions can place unnecessary strain on your nervous system. A chiropractic adjustment is a precise and gentle application of force to a specific joint to restore healthy motion. When mobility is restored, circulation improves, tension eases, and the nervous system can communicate more clearly with the rest of the body.

A healthy spine thrives on positive daily habits. With regular movement, proper hydration, core strength, flexibility, and professional care, anyone can help their spine stay strong and resilient. These simple practices work together to create a solid foundation for lifelong well-being.

World Spine Day is a celebration of the central role the spine plays in health and vitality. By embracing these habits, individuals empower their spines to support an active, adaptable, and thriving life through every stage and new experience.

For information on The Joint Chiropractic, visit <https://www.thejoint.com/>

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About The Joint Corp. (NASDAQ: JYNT)

The Joint Corp. (NASDAQ: JYNT) revolutionized access to chiropractic care when it introduced its retail healthcare business model in 2010. Today, it is the nation's largest operator, manager and franchisor of chiropractic clinics through The Joint Chiropractic network. The company is making quality care convenient and affordable, while eliminating the need for insurance, for millions of patients seeking pain relief and ongoing wellness. With over 950 locations nationwide and more than 14 million patient visits annually, The Joint Chiropractic is a key leader in the chiropractic industry. The brand is consistently named to Franchise Times' annual "Top 400" and "Fast & Serious" list of 40 smartest growing brands. Entrepreneur named The Joint "No. 1 in Chiropractic Services," and is regularly ranked on the publication's "Franchise 500," the "Fastest-Growing Franchises," the "Best of the Best" lists, as well as its "Top Franchise for Veterans" and "Top Brands for Multi-Unit Owners." SUCCESS named the company as one of the "Top 50 Franchises" in 2024. The Joint Chiropractic is an innovative force, where healthcare meets retail. For more information, visit www.thejoint.com. To learn about franchise opportunities, visit www.thejointfranchise.com.

Business Structure

The Joint Corp. is a franchisor of clinics and an operator of clinics in certain states. In Arkansas, California, Colorado, District of Columbia, Florida, Illinois, Kansas, Kentucky, Maryland, Michigan, Minnesota, New Jersey, New York, North Carolina, Oregon, Pennsylvania, Tennessee, Washington and West Virginia, The Joint Corp. and its franchisees provide management services to affiliated professional chiropractic practices.

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