Healthy Aging, Healthy Spine: Relax The Back® Shares a Proactive Approach to Lifelong Mobility

For Pain Awareness Month and Healthy Aging Month, Relax The Back Highlights Expert Guidance and Personalized Solutions to Support Spinal Health

LONG BEACH, CA, UNITED STATES, September 15, 2026 /EINPresswire.com/ -- Healthy aging is about more than adding years to life. Maintaining mobility, comfort, and independence can play an important role in staying active and engaged as we get older. This September, in recognition of Healthy Aging Month and Pain Awareness Month, Relax The Back®, a leader in ergonomic wellness and personalized comfort solutions, is putting a spotlight on spinal health and the importance of taking a proactive approach to caring for the body.

“Spinal health is not something you address once and forget,” said Dr. Steve Nandkeshwar, chiropractor and member of the Relax The Back Wellness Council. “It is built through small, consistent habits practiced throughout the day. I have found that the patients with the least pain and the most mobility are the ones who follow a daily rhythm of hydration, movement, and recovery.”

Drawing from the daily routine he recommends to his own patients, Dr. Nandkeshwar pairs practical habits with supportive products to help care for the spine:
- Start the morning with hydration and movement. Drink one to two glasses of water after waking, followed by gentle stretches such as a side-body reach for 15 to 30 seconds per side, a 30-second standing hamstring stretch on each leg, and arm circles to loosen the shoulders.
- Break up prolonged sitting. Stand or walk for a minute or two every 30 to 60 minutes, keep your computer screen at eye level with your feet flat on the floor, and bring your phone toward eye level rather than looking down into your lap.
- Give the spine a dedicated stretch. Dr. Nandkeshwar's routine also includes knees-to-chest, spinal twists, cat-cow, and child's pose to target different areas of the back. He recommends the Kanuda Spine Nap for 20 minutes in the morning to target the cervical and thoracic spine.
- Create an evening reset. If the body feels stiff or tense, repeat the morning stretches. Dr. Nandkeshwar also incorporates 30 minutes in a massage chair, such as the Human Touch Super Novo 3.0, before unwinding in a zero-gravity chair, such as the Vesta ZG Chair.
- Do not overlook overnight support. Dr. Nandkeshwar recommends the Tempur-Pedic

LuxeBreeze Mattress with Adjustable Base for its pressure-relieving TEMPUR material that adapts to the body. He pairs it with the Technogel Back & Side Pillow, which uses advanced 3D gel technology to provide targeted neck support and promote natural spinal alignment while dispersing excess heat and moisture for a cooler sleep surface.

While these recommendations provide a helpful starting point, there is no one-size-fits-all approach to spinal health. Individual needs, areas of discomfort, and lifestyle can all influence what works best, and that is where the Relax The Back in-store experience can make a difference.

The Relax The Back Difference

At Relax The Back stores, Certified Wellness Consultants work one-on-one with people on concerns ranging from back and neck discomfort to sleep and workplace ergonomics. People can try solutions in person with personalized guidance to help take the guesswork out of finding the right fit. For certain products, that service can extend beyond the store through fitting, configuration, and delivery, creating continuity from the initial consultation through setup at home or in the workplace.

As a wellness partner, Relax The Back combines trusted expertise with a carefully curated selection of ergonomic furniture, massage chairs, zero gravity recliners, sleep solutions and recovery tools designed to help people feel and function at their best.

To learn more or find a local Relax The Back location, visit RelaxTheBack.com.

About Relax The Back®
Since 1984, Relax The Back® has helped people find relief from pain, restless nights, and poor posture, so they can move well, rest well, and live well. With more than 60 stores across North America, Relax The Back offers a carefully curated selection of products and personalized guidance from Certified Wellness Consultants to help people find the right solution for their individual needs. As a wellness partner, Relax The Back offers office furniture, zero gravity recliners, massage chairs, sleep solutions, recovery tools, and other personalized wellness solutions designed to relieve pain, improve mobility, enhance sleep, and support long-term well-being. Through trusted expertise and products that are proven to work, Relax The Back takes the guesswork out of wellness—making it easier to move better, sleep better, and feel like yourself again. For more information, visit www.relaxtheback.com.

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