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| FOR IMMEDIATE RELEASEDATE | **Contact: Dr. XXX XXXXX**  **Phone: (XXX) XXX-XXXX** |

Governor Whitmer Declares October 2025

Spinal Health Care Month in Michigan

At the request of the Michigan Association of Chiropractors (MAC), Governor **Gretchen Whitmer** recently signed a Certificate of Proclamation naming October 2025 “Spinal Health Care Month” in Michigan. In her Proclamation, the Governor proclaims that “the proper function of the nervous system and the correct alignment of the spine are essential factors to the body's ability to grow and develop appropriately and to work effectively and efficiently.” The Governor further proclaimed that, “during this month, we join with back and spinal health care professionals throughout Michigan to remind residents of the importance of proper care for the back and spine.”

In honor of Governor Whitmer’s proclamation, Dr. NAME of CITY is working to educate the community about proper spinal health care. “Low-back pain is a leading cause of disability worldwide,” said Dr. NAME. “Back pain is one of the most common reason for visits to a doctor’s office in the United States. Even everyday activities, if not done properly, can lead to back pain. Prevention is the key to avoiding this pain altogether.”

The back is a complicated structure of bones, joints, ligaments, and muscles. Sometimes, even the simplest, everyday tasks, such as picking something up from the floor, can cause back pain.

NAME, the Michigan Association of Chiropractors and the American Chiropractic Association suggest these tips to reduce the risk of spinal injury:

* Don’t lift by bending over. Instead, bend your hips and knees and then squat to pick up the object. Keep your back straight and hold the object close to your body. DO NOT twist your body when lifting.
* Push, rather than pull, when you must move heavy objects.
* If you must sit for long periods, such as in front of a computer monitor, take frequent breaks and stretch.
* Wear flat shoes or shoes with low heels.
* Exercise regularly. An inactive lifestyle contributes to back pain. Be sure to warm up or stretch before exercising or physical activities.
* Maintain a healthy weight.
* Maintain proper posture.
* Quit smoking. Smoking impairs blood flow, resulting in oxygen and nutrient deprivation to spinal tissues.

“These simple tips can make all the difference in the world in stopping back pain before it starts,” said Dr. NAME. “I am proud to join Governor Whitmer in recognizing the importance of spinal health.”

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