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The Joint Chiropractic Observes Spinal Health Month in October

-COVID-19 Restrictions Pose a Unique Risk to Healthy Spines-

SCOTTSDALE, Ariz., Oct. 1, 2020 /PRNewswire/ -- The Joint Corp. (NASDAQ: JYNT), the nation's largest provider of chiropractic care through *The Joint Chiropractic*® network, is encouraging Americans to consider their spinal wellbeing this October, Spinal Health Month.



Since the onset of COVID-19, spine health has become a greater concern. The body is made for movement, and spending more time at home may lead to an unhealthy, sedentary lifestyle. This can add negative stress to the spine and create dysfunction, such as improper joint motion and decreased nerve flow to the body. Chiropractic adjustments seek spine alignment to allow for more flexibility, improved structural support, better range of motion and improved nerve function by properly coordinating your body to respond to environmental stress.

"According to the CDC, approximately 25 percent of Americans were getting their recommended daily exercise even before the pandemic. As people now pursue work and education from their couches, it further amplifies an inactive lifestyle," said Peter D. Holt, president and CEO of The Joint Corp. "The less we move, the higher the risk to our health and wellness. Chiropractic care may help some patients find pain relief, allowing the body to move more freely and in a more natural way."

Millions of Americans have found relief from pain due to the benefits of chiropractic's natural,

drug-free approach to healthcare. Everyone, from growing children and teen athletes to working parents and active seniors, can take advantage of regular chiropractic care. *The Joint Chiropractic's* purpose is to alleviate pain and help move patients toward a healthier lifestyle - including those seeking relief from neck and back pain caused by joint dysfunction, stress and tension disorders, poor posture, unbalanced coordination, migraines and more.

A nationwide system of over 550 chiropractic clinics in 33 states, *The Joint Chiropractic* is known for its convenient retail setting and concierge-style services including no-appointments, no-insurance hassles, affordable chiropractic care and accommodating hours of operations, including evenings and weekends.

For information on *The Joint Chiropractic*, or to find one of our chiropractors near you, visit thejoint.com. To learn more about your first visit, go to thejoint.com/what-to-expect.

About The Joint Chiropractic

The Joint Corp. revolutionized access to chiropractic care when it introduced its retail healthcare business model in 2010. Today, 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 more than 550 locations nationwide and over seven million patient visits annually, *The Joint Chiropractic* is a key leader in the chiropractic industry.

Named on *Franchise Times* "Top 200+ Franchises" and *Entrepreneur's* "Franchise 500®" lists, *The Joint Chiropractic* is an innovative force, where healthcare meets retail. For more information, visit www.thejoint.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, Rhode Island, South Dakota, Tennessee, Washington, West Virginia and Wyoming, The Joint Corp. and its franchisees provide management services to affiliated professional chiropractic practices.

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