McClellan Family Chiropractic Provides Neck Pain Treatment in Etowah County, AL

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RAINBOW CITY, AL - July 09, 2026 -
McClellan Family Chiropractic, a practice based in Rainbow City, provides neck pain treatment in Etowah County, AL. The clinic addresses neck pain through chiropractic techniques that focus on structural alignment and nerve function.

Neck pain can restrict movement of the head, neck, shoulders, arms and back. Individuals may experience associated headaches, upper body discomfort and muscle soreness. Extended periods of limited mobility can contribute to muscle weakening. The practice evaluates cases to identify contributing factors such as trauma, posture, repetitive stress and spinal alignment issues.

The neck contains small vertebrae that enable mobility while remaining susceptible to injury. Common sources of discomfort include whiplash from accidents, improper sleeping positions, poor posture, repetitive motions, bone structure variations, joint problems and muscle or ligament strains. Muscle spasms in the neck area can influence spinal positioning and nerve signals.

McClellan Family Chiropractic applies chiropractic adjustments as part of its services. These methods target spinal alignment in the cervical region. Evaluations help determine appropriate approaches for individual patients. The clinic also incorporates principles from The 100 Year Lifestyle, which addresses daily habits related to long-term health.

The practice provides care for residents of Rainbow City, Gadsden and nearby communities. Services cover neck pain along with related conditions such as back pain, headaches, shoulder pain, carpal tunnel syndrome, sciatica and disc issues. Wellness visits support patients seeking to maintain spinal health.

Drs. Mike and Leslie McClellan oversee the clinic. Dr. Mike McClellan founded the practice after receiving his Doctor of Chiropractic degree from Life University. Dr. Leslie McClellan joined the team after completing her degree at the same institution. The staff includes Dr. Dan McClellan, who has 32 years of clinical experience, along with Dr. Joshua Taylor, Dr. Clayton Koon and additional chiropractors.

Patient assessments at the clinic examine spinal structure and movement. Adjustments seek to restore vertebral positioning and reduce associated nerve irritation in the neck area. Care plans reflect individual circumstances and health considerations.

Chiropractic training consists of undergraduate preparation followed by four years at a chiropractic college. This education includes more than 4,200 hours of classroom and clinical instruction. Topics encompass biomechanics, diagnosis and adjustment procedures relevant to neck conditions.

Educational materials from the practice discuss topics including brain health, weight management and approaches to addressing discomfort. These resources provide information for patients considering care options.

Community activities conducted by the clinic include health talks and postural screenings for local workplaces, schools and organizations. Such sessions address general spinal health topics.

Dr. Mike McClellan stated, "Our goal is to identify the factors contributing to neck pain and provide personalized chiropractic care that helps patients move more comfortably and return to the activities they enjoy."

Dr. Leslie McClellan stated, "Chiropractic care works best when combined with healthy daily habits. Small, consistent steps can help patients maintain better spinal health and support their overall wellness."

The clinic has operated in Rainbow City since 1986. Its approach centers on natural, hands-on methods.

Patients receive care tailored to their specific presentation of neck pain, whether related to acute incidents or ongoing postural factors.

Additional services encompass family chiropractic and performance care suitable for various age groups. Pediatric options align with the practice's family focus. The 100 Year Lifestyle framework guides recommendations on lifestyle elements that influence health.

McClellan Family Chiropractic maintains involvement in the local area through collaborations with businesses and community groups. These connections facilitate broader discussions on health maintenance. The practice shares general information through its channels about available services and events.

Neck pain management at the clinic emphasizes correction of underlying alignment issues. This includes attention to how cervical spine positioning relates to surrounding structures. Regular evaluations support ongoing monitoring for patients under care.

The profession of chiropractic originated in 1895 and has developed standardized educational requirements. Practitioners complete supervised clinical hours as part of their preparation. This background informs the techniques applied for conditions such as neck pain.

The full team at the practice contributes experience from different stages of professional development. This range allows for comprehensive patient support. Care remains centered on individualized plans rather than standardized protocols.

Patients with neck pain from various causes receive assessments that consider medical history and current symptoms. The clinic's setting in Rainbow City provides a local option for residents seeking chiropractic services in Etowah County.

McClellan Family Chiropractic continues to apply established chiropractic methods in its daily operations. The focus remains on structural care and patient education regarding spinal health. This approach forms part of the broader services offered to the community.

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McClellan Family Chiropractic provides quality chiropractic care in Rainbow City and the surrounding areas while teaching The 100 Year Lifestyle principles of optimum health, longevity, and wellness.

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