

The Gift Dad Needs This Summer!

By Jena Ritchie, NBC-HWC

Summer in Phoenix often means family pool time, backyard barbecues, memorable trips to cooler destinations, and weekend home improvement projects. When it comes to Dad life, many of us eagerly anticipate and appreciate enjoyable activities with our dad like hiking, building, camping, fishing. We may not even realize that behind the “Superman” persona, many

Long work hours, outdoor chores in triple-digit heat, and “weekend warrior” activities like lifting, repairing, hauling, and yard work can take a real toll on the body. Even enjoyable moments — coaching from the sidelines, playful rouses in the pool, or manning the grill — can lead to strain when posture, movement, and recovery are overlooked. Dads often brush off the physical aspects, assuming soreness simply comes with the territory. But it doesn’t have to be like that.

The good news is small adjustments can make a big difference. Taking breaks during long drives, lifting with proper form, stretching before and after tackling labor-intensive projects, staying hydrated, incorporating conscientious chiropractic care, and simply being more mindful of postural alignment throughout movement can all help improve long-term discomfort and injury.

A pain-free summer isn’t just about comfort — it’s also about being fully present for the moments that matter most. For dads feeling the strain, this season may be the perfect time to stop pushing through the pain and start addressing it.

Appointments are available with your local Moon Valley chiropractor, dad, and neighbor, Dr. Jamey Reichow. To schedule an appointment, call 602-298-0292 and help Dad get back to enjoying everything summer has to offer.

