

Summer is a great time to get outside, travel, exercise, and enjoy more physical activity. Hiking, gardening, sports, road trips, and other seasonal activities can also place new demands on the muscles and joints, especially if activity levels increase quickly.

For people in Mill Creek, Washington, a few simple habits can help reduce unnecessary strain and make summer activities more comfortable.

At [Mill Creek Chiropractic Clinic](#), chiropractic care focuses on evaluating musculoskeletal concerns such as back pain, neck stiffness, reduced mobility, and activity-related discomfort.

## Warm Up Before Summer Activities

Going directly from inactivity into strenuous exercise can increase stress on muscles and joints. Before hiking, playing recreational sports, gardening, or participating in other physical activities, spend a few minutes gradually preparing the body for movement.

A warm-up may include:

- Light walking or easy movement
- Gentle range-of-motion exercises
- Dynamic movements appropriate for the activity
- Gradually increasing intensity before harder exercise

The right warm-up depends on the activity, age, conditioning level, and any previous injuries.

## Increase Activity Gradually

Summer often brings a sudden increase in activity. Someone who has been relatively inactive may spend an entire weekend hiking, working in the yard, playing sports, or completing home projects.

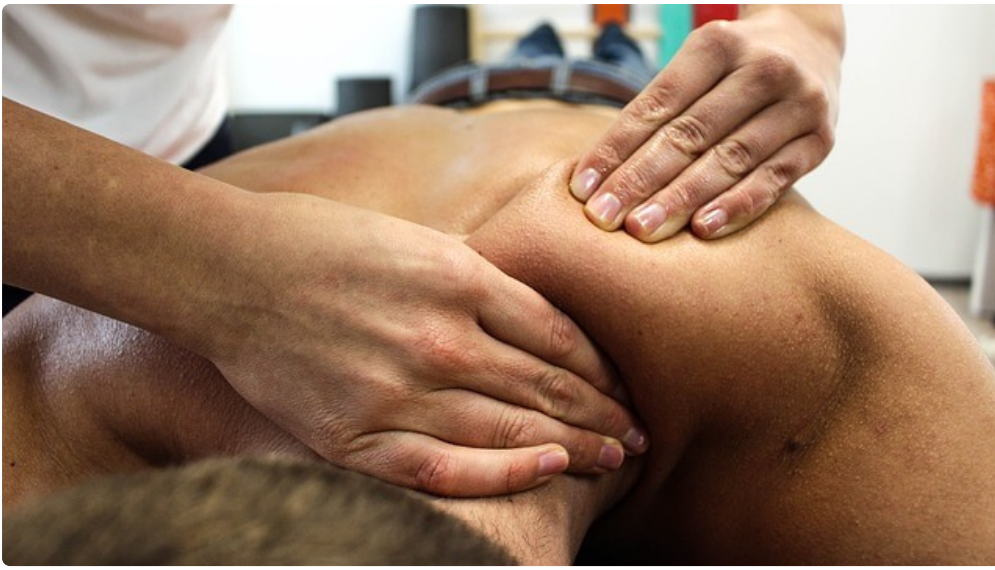
Increasing activity too quickly can contribute to soreness or overuse symptoms. Building endurance gradually gives muscles and joints time to adapt to new physical demands.

If a particular movement repeatedly causes pain, it may be better to modify the activity and determine why the problem is occurring rather than continuing to push through it.

## Stay Hydrated During Hot Weather

Hydration is important for normal physical function, particularly during warm weather and exercise. The amount of fluid a person needs varies depending on temperature, activity level, health conditions, and other individual factors.

During outdoor activity, drink fluids regularly and pay attention to signs of dehydration such as excessive thirst, dizziness, fatigue, or unusually dark urine.



People with medical conditions that affect fluid intake should follow recommendations from their healthcare provider.

## Protect Yourself From the Summer Sun

Musculoskeletal health is only one part of staying healthy outdoors. Sun protection is also important during prolonged summer activities.

Consider using appropriate sunscreen, protective clothing, a hat, and sunglasses that provide UV protection. When possible, [Chiropractor](#) take breaks [Mill Creek Chiropractic Clinic](#) in the shade during extended periods outdoors.

## Reduce Back and Neck Strain During Summer Travel

Road trips, flights, and other summer travel can involve long periods of sitting. Remaining in the same position for hours may contribute to stiffness in the lower back, neck, hips, or shoulders.

During longer trips, consider:

- Changing position periodically
- Using comfortable lumbar support when needed
- Keeping screens and devices closer to eye level
- Taking walking and movement breaks when practical
- Avoiding prolonged slouched or twisted positions

If stiffness or discomfort persists after travel, a chiropractic evaluation may help identify mobility restrictions or other musculoskeletal factors contributing to the symptoms.

## Use Good Body Mechanics for Yard Work and Outdoor Projects

Gardening, landscaping, home improvement projects, and recreational activities can involve repeated bending, lifting, twisting, or carrying.

To reduce unnecessary strain:

- Keep heavier objects close to the body

- Use the legs when lifting rather than relying entirely on the lower back
- Avoid twisting while carrying heavy objects
- Change tasks periodically instead of repeating one movement for extended periods
- Ask for help with loads that are difficult to control safely

## **Pay Attention to Pain and Changes in Mobility**

Some soreness after unfamiliar physical activity can be expected, but persistent or worsening pain deserves attention.

Consider seeking an appropriate evaluation if you notice:

- Back or neck pain that does not improve
- Increasing stiffness or reduced range of motion
- Pain that repeatedly returns with the same activity
- Numbness or tingling
- Weakness
- Symptoms following a fall or other injury

Severe pain, significant weakness, loss of coordination, or other concerning neurological symptoms should be evaluated promptly by an appropriate healthcare professional.

Mill Creek Chiropractic Clinic provides chiropractic care for patients dealing with neck pain, back pain, whiplash symptoms, and other musculoskeletal concerns after a car accident. Visit us at 16212 Bothell Everett Hwy, Suite E, Mill Creek, WA 98012, or call (425) 745-4430. Schedule an evaluation today and find out whether chiropractic care is appropriate for your recovery. Mill Creek Chiropractic Clinic offers personalized chiropractic care for back pain, neck pain, headaches, auto injuries, sciatica, shoulder pain, and other musculoskeletal concerns. Find us at 16212 Bothell Everett Hwy, Suite E, Mill Creek, WA 98012, or call (425) 745-4430. Contact Mill Creek Chiropractic Clinic today to schedule an appointment and take the next step toward more comfortable movement.

## **How Chiropractic Care May Support an Active Summer**

Chiropractic care may be appropriate for people experiencing certain musculoskeletal problems involving the back, neck, joints, or surrounding muscles.

A chiropractic evaluation may assess joint movement, range of motion, posture, muscle tension, previous injuries, and the activities that trigger symptoms.

Depending on the findings, treatment may include chiropractic adjustments, mobility recommendations, exercises, and guidance for returning to activity comfortably.



Learn more about [chiropractic care in Mill Creek](#).

## Enjoy an Active Summer in Mill Creek, WA

Summer activities should support health and enjoyment, not leave you dealing with avoidable discomfort. Gradually increasing activity, staying [Mill Creek Chiropractor](#) hydrated, using good lifting mechanics, changing positions during travel, and paying attention to persistent symptoms can help make the season more comfortable.

Mill Creek Chiropractic Clinic provides chiropractic care for patients in Mill Creek and surrounding communities who are experiencing back pain, neck pain, activity-related discomfort, or changes in mobility.

You can view the clinic's location, directions, and patient reviews at [Mill Creek Chiropractic Clinic on Google Maps](#).



## Important Note

This article is provided for general educational purposes and is not a substitute for individualized medical advice, diagnosis, or treatment. Exercise, stretching, and activity recommendations should be adjusted for your health, conditioning level, injuries, and individual needs.