

Click to
visit
website.

Optimal Health Blogs

Visit below for Dr. Stacy's unique views and opinions on common health and wellness topics. If there are specific topics that pique your interest, please message Dr. Stacy directly through the tab below. She will address the topic as soon as she's able!



SEPTEMBER 20, 2023 • CORRECTIVE EXERCISE

Snoring as a Result of Musculoskeletal Tension

Is snoring keeping your partner up at night? We don't think of snoring being musculoskeletal, yet it is. When the rib cage cannot expand fully, it ...



SEPTEMBER 14, 2023 • CORRECTIVE EXERCISE

Three Tips for Resuming Exercise After Childbirth

Did you recently have a pregnancy and now you are cleared to get back into exercise? It's important to understand that the female body changes a great ...



SEPTEMBER 14, 2023 • CORRECTIVE EXERCISE

Five Problems Resting After Injury Can Cause

Resting after an injury is not inherently bad for your body, and in fact, it is often a crucial part of the healing process. However, prolonged or ...