

Meet Our Doctors



**DR. KURT BARNHILL,
CHIROPRACTOR**

Dr. Barnhill is certified in Graston Technique, ART (Active Release Technique), Kinesio Taping, Activator Method, Sacral Occipital Technique, Flexion Distraction, and Decompression. Dr. Barnhill has a special interest in athletics and loves to help athletes conquer new goals while preventing injury to the body.



**DR. CHELSEA HOLLINGSWORTH,
PHYSICAL THERAPIST**

Dr. Chelsea offers one-on-one patient care using a variety of hands-on treatment methods, and she takes a full analysis of an individual's movement patterns to create a personalized plan of care. She is certified in Dry Needling and is a Running Gait Analyst.

Call Us For A Consultation!
772-223-0447

**CHIROPRACTIC CARE
PHYSICAL THERAPY
MASSAGE THERAPY**

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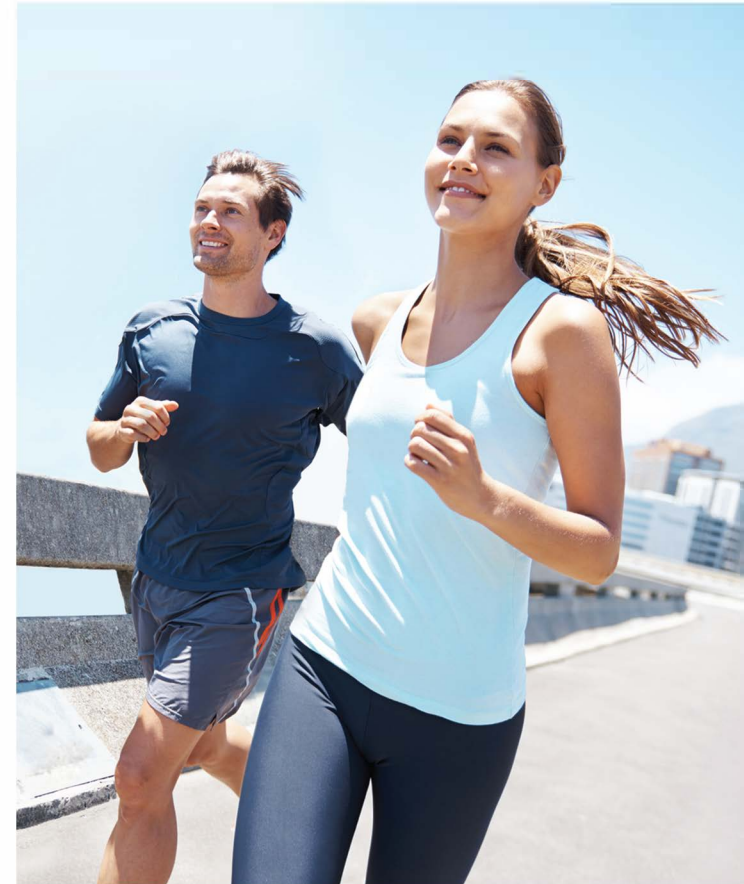
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MOVING**
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CHIROPRACTIC CARE

Dr. Kurt Barnhill provides tailored chiropractic services to relieve pain and enhance wellness. He addresses back and neck pain, headaches, and sports injuries through spinal adjustments, rehabilitative exercises, massage therapy, and nutritional counseling, all aimed at supporting your body's natural healing. Dr. Barnhill is committed to creating personalized treatment plans that focus on restoring balance and promoting long-term health.

PHYSICAL THERAPY

Dr. Chelsea Hollingsworth offers customized physical therapy to aid in recovery from injuries and chronic conditions. Whether dealing with post-surgery recovery, sports injuries, or mobility issues, she provides therapeutic exercises, manual therapy, aquatic therapy, and personalized rehab programs to restore your health and functionality. Dr. Hollingsworth is dedicated to developing individualized rehabilitation strategies that help you regain strength and achieve your wellness goals.

POWER OF COMBINED CARE

When you choose a practice that offers both chiropractic care and physical therapy, you benefit from a multifaceted approach to your health. Here's why this combination is so effective:

1. COMPREHENSIVE TREATMENT PLANS:

Holistic Approach: Our chiropractor, Dr. Kurt Barnhill, addresses spinal alignment, joint health, and nervous system function. This complements the physical therapy provided by Dr. Chelsea Hollingsworth, who focuses on muscle strength, flexibility, and rehabilitation.

Coordinated Care: With both professionals working together, you receive a seamless treatment plan that covers all aspects of your recovery and wellness.

2. ENHANCED RECOVERY:

Speed and Efficacy: Integrating chiropractic adjustments and physical therapy exercises can accelerate your recovery from injuries, whether they are due to sports, auto accidents, or everyday activities.

Reduced Pain and Inflammation:

Chiropractic adjustments help reduce pain and inflammation, setting the stage for more effective physical therapy sessions.

3. PREVENTION & HEALTH:

Injury Prevention: Regular chiropractic care helps maintain proper alignment and prevents injuries, while physical therapy strengthens muscles and improves overall function.

Ongoing Health Maintenance: Together, these services support your long-term wellness goals, helping you stay active and healthy.

CONDITIONS WE TREAT

The combination of chiropractic care and physical therapy allows us to effectively treat a wide range of conditions. Here are some of the key issues we address:

- ACL Injuries
 - Ankle Sprains
 - Allergies
 - Anxiety
 - Arthritis
 - Asthma
 - Auto Accident Injuries
 - Back Pain
 - Bowel Disturbances
 - Carpal Tunnel
 - Colic
 - Ear Infections
 - Fibromyalgia
 - Headaches
 - Hip Pain
 - Neck Pain
 - Neuropathy
 - Osteoarthritis
 - Osteoporosis
 - Pinched Nerve
 - Pregnancy
 - Rotator Cuff Injuries
 - Sciatica
 - Scoliosis
 - Shin Splints
 - Spinal Disc Issues
 - Sports Injuries
 - Stress
 - Tennis Elbow
 - Trouble Sleeping
 - TMJ
 - Wellness
 - Whiplash Injuries
- And Much More!

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