



Welcome To Our Office!

If you are downloading and filling out forms from this page, I assume I'll soon get to meet you and discover how we may be able to help you with safe and natural chiropractic care. Until then, by completing the brief paperwork that follows, I'll be able to learn what brings you to our office and how I might be able to help you. And since I'm going to ask you some personal information, it's only fair that I reveal some information about myself!

I was introduced to chiropractic way back in 1965 when I was 11 years old. (OK, do the math...) I came home from school one day to witness my father lying on the living room floor, teeth clenched in agony from the searing pain of a herniated disc in his low back. I felt helpless because there was nothing anyone at home could do to assist him. He screamed every time we tried to move him. By the way, this guy was no slouch. He was a drill sergeant in the marines, and I never saw him so much as flinch even when he slipped on ice and tore his knee apart. So an ambulance was called and my dad spent the next four weeks in the hospital. When he came home he was not much better off than when he went in. He was told he needed surgery to deal the disc, but instead he tried a chiropractor.

To make this story short, three weeks later he was back to work and 90% pain-free. That was impressive to all of us! A few years later, I decided to see a chiropractor myself – not with a back problem, just to make sure I never went through what my dad experienced. The doctor found a few minor things wrong and set out to fix them. In a couple of weeks something strange happened: I could breathe freely through my nose. This might sound strange, but I could never do that before. I was a “mouth-breather” for as long as I could remember, because my sinuses and nasal passages were always clogged. I actually thought this was normal, until I suddenly felt everything open up that one day.

It was after I questioned the doc that I found out that chiropractic is about more than fixing back pain and herniated discs. I found out that the whole body is controlled by nerves that can be jammed up by misaligned vertebrae! That can result in all kinds of health problems, and the more I looked into this, the more inspired I was to become a chiropractor myself.

The rest, as they say, is history. Full, healthy living became my passion, and I never looked back. Today I'm married, with two beautiful daughters who have never had vaccination and we all enjoy great health. We all get adjusted regularly, and in over 33 years of practice I've only missed one day of work due to illness – once in 1994 when I came down with a “24-hr flu”. That's not to say it's all been a bed of roses. I've had plenty of injuries playing basketball and racquetball, but every time I'm down, my chiropractor pulls me up out of it and I'm soon ready to go.

I could go on for pages here, but I promised to make it short. So thanks for visiting our website today. I look forward to meeting you and seeing how we can help you achieve your individual health goals.

Welcome!

Rich Therkelson, D.C.