

Kortni Richards, DC, a Chiropractor with Integrated Muscle & Spine Chiropractic Clinic

Get to know Chiropractor Dr. Kortni Richards, who serves patients in Clinton, Iowa.



New York, New York City, Mar 24, 2021 ([Issuewire.com](https://www.Issuewire.com)) - A licensed chiropractor, Dr. Richards works alongside Dr. Shannon Cody Woodward at Integrated Muscle & Spine Chiropractic Clinic in Clinton, Iowa.

Unlike conventional medicine, which focuses on attempting to treat disease once it occurs, Integrated

Muscle & Spine Chiropractic Clinic emphasizes improving health in an effort to reduce the risk of pain and illness in the first place. Most people would rather be healthy and avoid illness if they could. This is one of the main reasons for the big surge in the popularity of the wellness center.

Some of the conditions treated include: low back pain, mid back pain, neck pain, sciatica, disc injuries, carpal tunnel syndrome, shoulder pain, rotator cuff injuries, knee pain, TMJ, migraines, headaches, sprains/strains, tennis elbow, golfer's elbow, sprained ankles, foot pain, plantar fasciitis, wrist/hand pain, rib pain, fibromyalgia, upper and lower cross syndromes, and many others.

The first chiropractor in her family, Dr. Richards is originally from the California/Arizona border before moving to Iowa. After graduating with her Bachelor of Science degree in Exercise Science from California Baptist University in 2016, she went on to earn her Doctor of Chiropractic degree from Palmer College of Chiropractic in 2020.

During her time at Palmer, she was an extremity intern, which involved teaching extremity adjusting as well. While at Palmer, she also trained in flexion-distraction and activator.

Currently, Dr. Richards is certified in SFMA and plans on adding other certifications.

Chiropractic is a form of alternative medicine that mainly deals with the diagnosis and treatment of mechanical disorders of the musculoskeletal system, especially the spine. A chiropractor uses spinal adjustments, manipulation, and other techniques to manage patients' health concerns, including neck pain, back pain, headaches, vertigo, and a long list of other ailments and conditions. They aim to improve patients' functionality and quality of life by properly aligning the body's musculoskeletal structure and enabling the body to heal itself naturally, without the use of medication or surgery.

Outside of the office, Dr. Richards enjoys hunting, fishing, scuba diving, playing sand volleyball, and pretty much anything else outdoors. Her favorite place to vacation is anywhere with a beach.

Learn More about Dr. Kortni Richards:

Through her findatopdoc profile, <https://www.findatopdoc.com/doctor/82738855-Kortni-Richards-Chiropractor> or through Integrated Muscle & Spine Chiropractic Clinic, <https://www.integratedmuscle.com/meet-the-doctor>

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