

Kimberly L. Smith-Howard, DC, a Chiropractor with Dinoff Chiropractic

Get to know Chiropractor Dr. Kimberly L. Smith-Howard, who serves patients in Griffin, Georgia.



New York City, New York Oct 10, 2022 ([Issuewire.com](https://www.issuewire.com)) - Dr. Smith-Howard is a licensed chiropractor working with patients at her private practice - Dinoff Chiropractic - in Griffin, Georgia. She is currently accepting new patients in all age ranges, including prenatal care, infants & children, families, and senior patients.

Passionate about helping people achieve their optimal health potential without drugs or surgery, she believes in a holistic approach to wellness and educates her patients on the importance of maintaining a healthy mind and body through nutrition, exercise, sleep, positive mental health, and clearing the spine of nerve interference with chiropractic care.

In addition, Dr. Smith-Howard believes that the body was created with the ability to heal itself under optimal conditions with no interference from the nervous system and provides care to align the spine and help the body function as it was designed. Her friendly demeanor puts patients at ease and allows for open dialogue to discuss the individual needs of each person. She strives to help her patients understand their condition and how chiropractic adjustments will impact them.

A native of Georgia, she earned her Bachelor of Science degree in Health Coaching at Life University and then continued her education to obtain her Doctor of Chiropractic degree at Life University as well. She is currently enrolled at Life to finish her Master's degree in Positive Psychology.

In her clinical role, Dr. Smith-Howard utilizes several techniques, including full-spine/diversified, activator, Thompson, and extremity adjusting, and treats musculoskeletal conditions such as back pain, sciatica, neck pain, muscles, tendon, & ligament sprain/strain, headaches, sports injuries, and auto- and work-related injuries.

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.

Learn More about Dr. Kimberly L. Smith-Howard:

Through her findatopdoc profile,

<https://www.findatopdoc.com/doctor/82739159-Kimberly-Smith-Howard-Chiropractor>, or through Dinoff Chiropractic, <https://www.dinoff-chiropractic.com/>

About FindaTopDoc.com

FindaTopDoc is a digital health information company that helps connect patients with local physicians and specialists who accept your insurance. Our goal is to help guide you on your journey toward optimal health by providing you with the know-how to make informed decisions for you and your family.

Media Contact

Your Health Contact

clientservice@yourhealthcontact.com

Source : Kimberly L. Smith-Howard, DC

[See on IssueWire](#)

