

Carly M. Schoenhof, DC, a Chiropractor with Restoring Adaptive Capacity Chiropractic, LLC

Get to know Chiropractor Dr. Carly M. Schoenhof, who serves patients in Scottsdale, Arizona.



New York City, New York Jun 29, 2023 ([IssueWire.com](http://www.IssueWire.com)) - Dr. Schoenhof is a licensed chiropractor

at Restoring Adaptive Capacity Chiropractic, LLC in Scottsdale, Arizona.

Endlessly curious about movement, she strives to get her patients back to doing what they love without pain. She is passionate about making them more resilient by using the eclectic range of techniques she studied and learned as a soldier, coach, teacher, and now, a clinician.

Born and raised in Cincinnati, Ohio, it was there that Dr. Schoenhof got her Bachelor of Science degree in Therapeutic Recreation and her commission into the Army. She served the country for eight years, traveling all over the globe. While serving, she received yoga teacher training, represented on the All-Army Boxing Team, and played an important role in informing infantry leaders on injury prevention and performance optimization during the integration of women into combat arms.

Transitioning out of the military lifestyle, Dr. Schoenhof shifted to her purpose: empowering movement. She received her Doctor of Chiropractic degree from Parker University in Dallas, Texas in 2022. There, she was in the Student Rehab 2 Performance Club, the Student American Chiropractic Association, and received training in Dynamic Neuromuscular Stabilization (DNS).

Board-certified in chiropractic, Dr. Schoenhof is a Diplomate of the National Board of Chiropractic Examiners (NBCE). The NBCE is a non-profit national and international testing organization for the chiropractic profession that develops, administers, analyzes, scores, and reports results from various examinations.

Committed to restoring the capacity to adapt by educating and empowering movement pursuits through chiropractic care, Dr. Schoenhof is an active member of the American Therapeutic Recreation Association and the American Chiropractic Association (Sports Council). She attributes her success to her love of chiropractic care and holistic healing, seeing her clients progress with their health concerns, and making a difference.

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. Carly M. Schoenhof:

Through her findatopdoc profile,

<https://www.findatopdoc.com/doctor/85019004-Carly-Schoenhof-Chiropractor> or through Restoring Adaptive Capacity Chiropractic, LLC, <https://restoringadaptivecapacity.com/about-us/>

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Source : Carly M. Schoenhof, DC

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