

Andrew M. Garrett, DC, a Chiropractor with Return to Health, LLC

Get to know Chiropractor Dr. Andrew M. Garrett, who serves patients in Dallas, Texas.



New York City, New York Nov 17, 2023 ([Issuewire.com](https://www.issuewire.com)) - A chiropractor focused on the whole person, Dr. Garrett is the Clinic Director of Return to Health, LLC in Dallas, Texas. For nearly two decades, he has treated people in need of physical rehabilitation and chiropractic care.

While Dr. Garrett has treated patients suffering from a multitude of different injuries and rehabilitation

needs, he has also dedicated a large part of his practice to treating patients who have suffered on-the-job injuries. Many of his patients are federal workers who have claims that must be asserted through the Department of Labor – Office of Workers’ Compensation Programs. As a result, Dr. Garrett is well-versed in navigating the claims process and helping his patients get approval to receive the care they need.

He advocates for innovative approaches such as aquatic therapy and virtual reality in physical rehabilitation, methods he personally utilized during his own recovery from injuries. Dr. Garrett maintains a strong commitment to ethically assisting patients in obtaining appropriate treatment and, whenever possible, steering clear of surgical intervention.

A proud veteran of the United States Army, Dr. Garrett moved to Texas from his beloved Minneapolis, Minnesota – he enlisted in 1991 and served at Fort Bliss in El Paso. Post-military service, he pursued football at the University of Texas at El Paso, achieving a Bachelor of Science Degree in Public Health.

Continuing his academic journey, Dr. Garrett obtained his Doctor of Chiropractic Degree from Parker University. His focus lies in clinical neurology and neurophysiology, backed by over 300 hours of post-graduate training in neurology and orthopedics.

On a professional level, Dr. Garrett serves on the Executive Board of the Dallas Labor Council and the Executive Board of The Doctors Guild of Texas – Local #4.

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.

In 2023, Dr. Garrett was recognized as a Top Doctor by Best in Texas Magazine and named as a Pinnacle Professional Member of the Continental Who’s Who Registry.

Over the years, he has completed five marathons, one Iron-Man triathlon, six Iron-Man half-triathlons, seven duathlons, multiple Olympic-distance triathlons, and at least 20 half-marathons. He even qualified and competed on Team USA in the Duathlon World Championship – Long Course in 2016.

When Dr. Garrett is not treating patients, he can be found on the golf course, cheering on the Minnesota Vikings, Twins, Wild, and Loons, and enjoying his favorite pastime – spending time with his grandson, Zach.

Learn More about Dr. Andrew M. Garrett:

Through his findatopdoc profile, <https://www.findatopdoc.com/doctor/3468004-Andrew-Garrett-Chiropractor> or through Return to Health, LLC, <https://returntohealthllc.com/meet-the-team>

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 towards 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 : Andrew M. Garrett, DC

[See on IssueWire](#)