

## America's Best In Medicine: Lindsay Rehling, DC, Delivers Integrative Care To Reduce Pain And Enhance Quality Of Life

Osage Beach Chiropractor Combines Evidence-Based Techniques and Holistic Therapies to Treat Patients Across the Lifespan



**Annapolis, Missouri May 2, 2026** ([Issuewire.com](http://Issuewire.com)) - Lindsay Rehling, DC, is a dedicated chiropractor providing comprehensive, patient-centered care to individuals of all ages, from infants to seniors. Practicing at Align Chiropractic Clinic within a collaborative group setting, Dr. Rehling has independently

operated her own practice under a separate tax ID for the past year, building a reputation for delivering personalized, results-driven treatment plans.

With more than two and a half years of clinical experience, Dr. Rehling takes an integrative approach to chiropractic care, combining manual adjustments with complementary therapies such as muscle work, dry needling, acupuncture, spinal decompression, and electrical stimulation (e-stim). Her goal is to restore function, reduce inflammation, and improve overall quality of life by addressing the root causes of pain and neuromuscular dysfunction. Each treatment plan is tailored to the individual, reflecting her commitment to evidence-based care and whole-person wellness.

Dr. Rehling's academic journey reflects a strong foundation in science and healthcare. She earned her Associate's Degree from Cowley County Community College in 2006, followed by a Bachelor's Degree in Pre-Professional Biology from William Penn University in 2008, where she also minored in Chemistry, Psychology, and Mathematics. She went on to complete her Doctorate in Chiropractic at Logan University, graduating Magna Cum Laude in 2023. In addition, she holds an Acupuncture Certification and is a member of the Phi Theta Kappa honor society.

Early in her chiropractic career, Dr. Rehling completed a preceptorship and mentorship under Dr. Johns, gaining valuable hands-on experience that helped shape her clinical and leadership skills. Prior to entering the chiropractic field, she also served as a center director for a plasma center, where she developed a strong understanding of healthcare operations, patient management, and team leadership.

Committed to continuous learning, Dr. Rehling is expanding her expertise in specialized areas, including the management of conditions such as alpha-gal syndrome. She remains passionate about patient education and empowering individuals to take an active role in their health and recovery.

Looking ahead, Dr. Rehling plans to purchase and operate her own clinic in the Lake of the Ozarks region, where she will continue to provide comprehensive, integrative care while contributing to the advancement of chiropractic medicine in modern healthcare.

Outside of her practice, Dr. Rehling enjoys spending time with family and friends, relaxing at the lake, and exploring local shops—maintaining a balanced lifestyle that reflects the wellness principles she brings to her patients every day.

### **Learn more about Dr. Lindsay Rehling:**

Through her America's Best in Medicine profile, <https://americasbestinmedicine.com/connect/lindsay-rehling> or through her profile on Align Chiropractic Clinic, <https://www.alignchiroclinicmo.com/dr-lindsay-rehling/>

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