

## **Amy Lynn Spellmeyer, DC, a Chiropractor with Spellmeyer Chiropractic**

Get to know Chiropractor Dr. Amy Lynn Spellmeyer, who serves patients in Hillsboro, Oregon.



**New York City, New York Dec 7, 2021 (IssueWire.com)** - A devoted chiropractor, Dr. Spellmeyer works with patients at her private practice - Spellmeyer Chiropractic - in Hillsboro, Oregon. Her approach is holistic, focusing on structural, chemical, and emotional needs, which impact patients' spinal, nutritional, and mental health. Her skillsets include applied kinesiology, craniosacral therapy, Graston technique, and exercise and nutritional advice which complement her diversified adjusting technique.

Utilizing her special certifications in Webster's technique, she also cares for pregnant mothers. Webster's technique is a pelvic balancing technique designed to allow the proper biomechanical and neurological function of the pelvis. This allows for a more comfortable pregnancy and easier birth.

Academically, Dr. Spellmeyer is a graduate of Western States Chiropractic College. She received her Bachelor of Science degree from Purdue University where she was a collegiate Pole Vaulter who won Big Ten titles, became an All-American, and qualified for the Olympic Trials in 2000. She is currently studying for her certification from the Academy of Chiropractic Family Practice and the Council on Chiropractic Pediatrics (C.A.C.C.P.) as well as the EPIC Pediatric Certification.

As a collegiate athlete, she was no stranger to injury. She experienced firsthand the benefits of chiropractic care when recovering from her multiple surgeries and overuse injuries. Due to her experiences with injury recovery, she has become a dedicated chiropractor who enjoys treating the seriously injured; whether it is from a car accident, work accident, sports injury, or slip and fall. She is also a member of the International Chiropractic Pediatric Association, ([www.ICPA4Kids.org](http://www.ICPA4Kids.org)), and is dedicated to creating healthy families.

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. Amy Lynn Spellmeyer:**

Through her findatopdoc profile,

<https://www.findatopdoc.com/doctor/2227232-Amy-Spellmeyer-Chiropractor> or through Spellmeyer Chiropractic, <https://www.hillsboroorchiropractors.com/about-us>

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## **Media Contact**

Your Health Contact

clientservice@yourhealthcontact.com

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