



Ascend Family Chiropractic Highlights Sports Chiropractic Care in Pierce County, WA

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Ascend Family Chiropractic highlights sports chiropractic care in Pierce County, WA as a specialized service supporting athletes of all levels in recovery, mobility, and consistent performance. The Graham clinic provides calm, individualized care focused on preventing, managing, and recovering from sports-related demands through gentle adjustments, corrective exercises, and movement guidance tailored to each athlete's age, sport, and goals.

Dr. Chaz Curtis founded Ascend Family Chiropractic after his own teenage experiences with multiple injuries, head trauma, and chronic migraines. Chiropractic care led to improvements in pain, body function, recovery, and stress handling, which reshaped his understanding of health and guided the clinic's approach. The practice emphasizes listening carefully, explaining findings clearly, and guiding patients toward the next step at a comfortable pace without pressure or one-size-fits-all plans.

Sports chiropractic care at the clinic addresses the physical stresses of training, practices, games, and

competitions. Care examines how different parts of the body work together rather than isolating individual injuries. Gentle chiropractic adjustments realign the spine to reduce nerve pressure, improve joint function, and support the body's natural healing processes. These adjustments help alleviate pain, enhance posture, and promote smoother movement patterns that athletes can carry into their sports and daily activities.

Corrective exercises form another key element when appropriate. These exercises address imbalances, improve flexibility, and support recovery between sessions. Specialized therapies complement the adjustments and exercises, while posture and movement awareness education helps athletes understand how daily habits influence performance and recovery. Small adjustments in habits can reduce unnecessary strain over time.

Athletes of all levels receive support, from student athletes to weekend warriors and more experienced competitors. Care adapts to the individual's comfort level and specific sport demands. Many athletes seek this approach for restrictions in movement, joint stiffness, accumulated muscle tension, and the physical stress that builds during intense training periods. The goal centers on restoring mobility, managing tension, and building resilience so athletes can handle physical demands more comfortably and maintain consistency in their activities.

Dr. Chaz Curtis, DC, Founder of Ascend Family Chiropractic, stated, "Athletes place unique demands on their bodies through repeated training and competition. Sports chiropractic care focuses on understanding movement patterns, supporting recovery between sessions, and helping the body adapt more efficiently so athletes can stay active with less unnecessary strain."

Research on chiropractic care in athletic populations provides additional context. Reviews of studies involving sports participants have noted short-term reductions in pain and improvements in function for certain musculoskeletal conditions common in athletes. Some investigations examining spinal manipulation in active groups reported benefits related to mobility and recovery processes. The clinic's methods align with an evidence-informed focus on joint function and movement support rather than isolated symptom treatment.

The first visit typically involves a clear assessment of how the athlete's body is moving, followed by an explanation of findings and a personalized plan. Care remains adaptive, adjusting to progress, sport-specific needs, and feedback. This approach prioritizes long-term movement health and recovery consistency rather than short-term fixes alone.

The clinic's team supports the delivery of sports care alongside other family services. Marilyn Curtis serves as Office Manager and HR. Caitlyn, Evelyn, and Tina contribute as chiropractic assistants. Together they maintain a calm, respectful environment where athletes and their families receive clear communication at every step.

Sports chiropractic care sits within the broader family-centered model at Ascend Family Chiropractic. The practice also addresses general pain concerns such as back and neck discomfort, headaches, sciatica, and recovery from other injuries. Wellness-oriented visits support posture, energy levels, and nervous system function over time. For student athletes and active individuals, the sports-focused services emphasize healthier movement patterns that reduce strain during both competition and everyday activity.

Dr. Chaz Curtis, DC, added, "Recovery between practices and games often determines how consistently an athlete can perform. Our sports chiropractic care prioritizes joint function, mobility, and practical guidance that helps the body handle training demands more effectively."

The clinic is located in Graham, Washington, and serves families and active residents throughout the surrounding area. Its core values of integrity, thoughtful care, compassion, empowerment, and community involvement shape every interaction. Recommendations remain honest and centered on the patient's best interest. Care is delivered with intention and respect, meeting each person where they are and providing explanations that support informed decisions.

Sports chiropractic care in Pierce County, WA at Ascend Family Chiropractic continues to respond to the physical challenges faced by local student athletes and active adults. By focusing on movement quality, recovery support, and resilience, the service aims to help individuals maintain participation in the activities that matter to them. Plans evolve based on ongoing assessment and the specific demands of each sport or training schedule.

The practice maintains a relational approach, treating individuals rather than conditions and ensuring patients feel informed throughout the process. This model supports both immediate recovery needs and longer-term movement health for athletes balancing training, school, work, and family life.

Ascend Family Chiropractic operates as a family-centered practice in Graham, Washington. The clinic specializes in chiropractic care that supports pain relief, injury recovery, and wellness maintenance for individuals and families across life stages. Through personalized, thoughtful treatments in a supportive setting, the practice contributes to improved movement, comfort, and quality of life for the community.

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For more information about Ascend Family Chiropractic, contact the company here:
Ascend Family Chiropractic
Dr. Chaz Curtis, DC (253) 375-6004
drchaz@ascendfamilychiro.com
10225 198th St Ct E, Suite b203
Graham, WA 98338

Ascend Family Chiropractic

Our chiropractors are dedicated to providing compassionate care and educating you on the benefits of chiropractic wellness.

Website: <https://ascendfamilychiro.com>

Email: drchaz@ascendfamilychiro.com

Phone: (253) 375-6004

