

Backcountry Chiropractic Provides Pediatric Chiropractic Care in Summit County, CO

August 04, 2026

FRISCO, CO - August 04, 2026 -
Backcountry Chiropractic serves as pediatric chiropractors in Summit County, CO through its family-focused practice in Frisco. The practice offers chiropractic care for infants, children, and adolescents as part of its nervous system-based services for all ages. Care centers on supporting spinal and nervous system function during key stages of growth and development.

According to the practice, the first years of life involve significant neuro-developmental changes. Stresses from birth, growth spurts, falls, learning to crawl and walk, heavy backpacks, sports, and screen time can influence how the spine and nervous system function. The office is designed with families in mind, and many parents bring their children for evaluations after beginning care themselves. Adjustments for pediatric patients are described as very gentle and adapted to the child?s age, size, and developmental stage. Pressure used with infants is compared to the light touch needed to check the ripeness of a tomato or avocado. Many infants and young children relax or sleep during sessions. Care can begin as early as the first few weeks of life, with the practice noting that its youngest patient was three hours old.

Parents seek care for a range of concerns related to development and daily function. These include sleep challenges, digestive discomfort or constipation, colic or excessive fussiness, ear infections, bed-wetting, focus and concentration, posture and spinal alignment, growth and developmental milestones, sports-related strain, growing pains, difficulty turning the head, and latching issues during feeding. The practice emphasizes supporting the child?s ability to adapt, grow, and regulate rather than addressing isolated symptoms. The nervous system is described as controlling movement, digestion, immune function, sleep, and emotional regulation. Care aims to support healthy spinal movement and nervous system communication so the body can respond more efficiently to physical and sensory demands.

Initial visits last approximately 30 minutes and include a review of health history, a thorough assessment, posture screening, and nervous system scans. These steps inform a personalized care plan. Follow-up visits are shorter and focused on monitoring progress. The practice does not accept insurance directly, though patients may submit claims for potential reimbursement. Health savings accounts and flexible spending accounts are accepted.

Dr. Danny Otis, DC, LCP, DPhCS, founder and chiropractor, developed his interest in the field after personal childhood health challenges that led him to chiropractic care. He earned an undergraduate degree from the University of Wisconsin?Eau Claire with double majors in Kinesiology: Movement Studies and Psychology: Human Behavior. He received his Doctor of Chiropractic degree from Life Chiropractic College West, graduating with Clinical Honors. He completed a three-year postgraduate program and holds the Diplomate in Philosophical Chiropractic Standards, a distinction held by approximately 300 chiropractors worldwide. He assesses root causes and develops personalized plans with clear explanations. ?Pediatric care focuses on supporting nervous system function during periods of rapid growth and change,? said Dr. Danny Otis. ?Gentle, specific assessments help identify areas where spinal movement may influence how a child adapts to everyday stresses.?

Dr. Alex Paul, DC, PAK, co-founder and chiropractor, turned to chiropractic care after high school injuries that affected her physically and emotionally. She earned an undergraduate degree in Integrative Physiology and Neuroscience from the University of Colorado Boulder and a Doctor of Chiropractic degree from Life Chiropractic College West, graduating at the top of her class. She is certified in Applied Kinesiology and has experience in nutrition, advanced lab work, and herbal medicine. Before founding the practice, she provided care to students, staff, and athletes in Wisconsin school districts and led a high school athletic chiropractic program focused on performance and injury prevention. ?The developing nervous system plays a central role in how children move, sleep, digest, and respond to their environment,? said Dr. Alex Paul. ?Our evaluations consider the whole child and the specific demands of each stage of growth.?

Summit County includes families engaged in outdoor recreation and active lifestyles. The practice?s location

in Frisco positions it to serve residents and visitors whose children encounter the physical demands of hiking, skiing, sports, and daily activity. Both practitioners maintain active lifestyles consistent with the region. Dr. Otis participates in running, golfing, snowboarding, hockey, surfing, and hunting. Dr. Paul engages in skiing, hiking, surfing, and golfing. These experiences inform their understanding of the physical stresses common among local families.

Care for pediatric patients forms part of a broader continuum that includes preconception and pregnancy support, teen care addressing sports and posture, adult care for common musculoskeletal concerns, and services for older adults focused on mobility and function. The practice describes its overall approach as neurologically focused, emphasizing the relationship between the spine and the nervous system. Personalized plans are developed according to individual history, lifestyle, stressors, and goals.

The office environment supports collaborative and straightforward communication. Parents receive clear explanations of findings and recommendations. Care plans evolve based on the child?s progress and changing developmental needs. The practice prioritizes root-cause considerations and long-term function over short-term symptom management alone.

In Summit County, families seek resources that address the physical and developmental demands of childhood. Backcountry Chiropractic provides one option for those exploring chiropractic approaches tailored to infants and growing children. The gentle, age-adapted methods and focus on nervous system function align with the practice?s stated principles of supporting the body?s capacity for adaptation and regulation across life stages.

Backcountry Chiropractic offers nervous system-oriented chiropractic services to people of all ages in Frisco, CO. Founded by Dr. Danny Otis and Dr. Alex Paul, the practice applies principles of spinal assessment to support patient function according to individual circumstances.

###

For more information about Backcountry Chiropractic, contact the company here:Backcountry ChiropracticDr. Danny Otis, DC, LCP, DPhCS323 W Main St Suite 202, Frisco, CO 80443office@backcountrychiroco.com323 West Main St. Suite 202, Frisco, CO, United States, Colorado

Backcountry Chiropractic

Backcountry Chiropractic provides nervous system?based chiropractic care for all ages in Frisco, CO and beyond.

Website: https://backcountrychiroco.com

Email: office@backcountrychiroco.com

Phone: 323 W Main St Suite 202, Frisco, CO 80443

