

Life Without Fear Chiropractic Provides Pediatric Chiropractic Care in Lexington, KY

August 05, 2026

LEXINGTON, KY - August 05, 2026 -

Life Without Fear Chiropractic provides pediatric chiropractic care in Lexington, KY. The practice supports children's spinal health and nervous system function through gentle, age-appropriate techniques under the care of Dr. Mateo Franco.

Growing children encounter physical stresses from activities such as carrying backpacks, participating in sports, and experiencing everyday falls. These can contribute to spinal misalignments that may affect movement, posture, comfort, and development. As a chiropractor in Lexington, KY, Dr. Mateo Franco utilizes methods tailored to children's smaller frames and needs to support proper alignment and nervous system communication.

Chiropractic care for children focuses on wellness and corrective approaches rather than masking symptoms. It aims to support the body's natural ability to function and thrive.

Dr. Mateo employs the Torque Release Technique as a primary method for pediatric patients. This gentle, instrument-based approach uses an instrument called the Integrator to deliver precise, low-force adjustments. It avoids manual twisting, popping, or cracking and is adapted to each child's size and comfort level. Adjustments typically involve very light pressure, comparable to testing the ripeness of a tomato or avocado.

Common reasons parents seek care include support for recovery from sports injuries or playground falls, addressing posture issues related to school or technology use, relief from headaches or growing pains, and promotion of better sleep & digestions, and reduced irritability. Care also extends to general wellness and healthy development. Children of all ages, from infants to teenagers, may benefit based on individual assessments.

A typical visit starts with a consultation to discuss the child's health history, daily activities, and parental

concerns. This is followed by a gentle examination, which may include digital motion X-rays when clinically necessary to identify areas of spinal & nervous system stress. If appropriate, personalized gentle adjustments are provided. Ongoing periodic check-ups help monitor spinal and nervous system function as the child grows.

Research provides context for the application of pediatric chiropractic methods, particularly for musculoskeletal concerns. A 2024 randomized controlled trial involving adolescents with low back pain found that adding spinal manipulation to an exercise program led to significant improvements in pain compared to exercise alone. Another study reported positive outcomes for tension-type headaches in children, including reduced headache days and improved global perceived outcomes.

Safety considerations form an important part of pediatric care. When performed by trained professionals using age-appropriate techniques, serious adverse events are reported as rare in the literature. The practice prioritizes safety through individualized assessments and gentle methods suitable for developing bodies.

Dr. Mateo Franco, Doctor of Chiropractic at Life Without Fear Chiropractic, said, "Pediatric chiropractic care focuses on gentle techniques that support children's spinal alignment and nervous system function during key stages of growth and development."

He added, "By addressing misalignments early within its scope, this care can complement overall health strategies to help children maintain better movement, comfort, and wellness as they navigate daily activities."

The practice serves families with children alongside other patients, including athletes, pregnant individuals, and seniors. Appointments occur in a welcoming, one-on-one setting using a direct-pay model, with detailed receipts & superbills provided for insurance reimbursement. Sessions are designed to be comfortable for children, with explanations given in simple terms to help them feel at ease.

Progress is monitored through evaluations and imaging where appropriate. This data-informed process supports corrective and wellness goals beyond initial symptom changes. The approach draws from established chiropractic principles and clinical experience with pediatric clients.

Client education is integrated into visits. Parents receive information about spinal health and ways to support wellness at home. This collaborative process helps families understand the role of nervous system function in growth and daily activities. Regular reassessments allow care plans to evolve with the child's development and changing needs.

The Torque Release Technique is noted for its suitability across age groups due to its low-force nature. Combined with careful positioning and pediatric-specific adaptations, it provides options that accommodate

individual tolerances. The practice maintains values of integrity, compassion, and respect in all family interactions.

Literature on chiropractic care for children highlights its role in supporting musculoskeletal function. Studies have documented improvements in areas such as posture, mobility, and comfort following consistent gentle care. These findings align with the methods applied in the practice for active children and those recovering from minor injuries.

Dr. Mateo's training includes a Bachelor of Science from the University of Indianapolis and a Doctor of Chiropractic degree from Palmer College of Chiropractic. He holds certification in the Webster Technique through the International Chiropractic Pediatric Association and advanced proficiency in the Torque Release Technique. These qualifications inform the gentle, precise care provided to young patients.

Life Without Fear Chiropractic continues to serve the Lexington community by offering these established pediatric services. The emphasis remains on individualized plans that prioritize safety, comfort, and support for natural development within the defined scope of chiropractic practice.

###

For more information about Life Without Fear Chiropractic, contact the company here: Life Without Fear Chiropractic Dr. Mateo Franco (859) 721-3920 info@lifewithoutfearchiropractic.com 2331 Fortune Dr #185, Lexington, KY 40509

Life Without Fear Chiropractic

Since opening his practice in Lexington, Dr. Mateo has helped people of all ages move better, heal faster, and live healthier lives.

Website: <https://www.lifewithoutfearchiropractic.com/>

Email: info@lifewithoutfearchiropractic.com

Phone: (859) 721-3920

