



Complete Family Healthcare Addresses Whiplash Treatment in Alpharetta Through Chiropractic Care

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Complete Family Healthcare provides whiplash treatment as part of its chiropractic services for patients recovering from motor vehicle accidents and other incidents that produce sudden head movement. The practice, established on January 1, 2006, applies hands-on methods and related therapies to address the musculoskeletal effects of this common injury.

Whiplash occurs when the head jerks back and forth, straining neck muscles beyond their normal limits. The motion can alter the alignment of vertebrae in the neck and back while stressing ligaments that connect bones and tendons that attach muscles to bones. Common causes include motor vehicle accidents as well as activities such as riding a roller coaster, falling while skiing, or impacts during sports. An analysis of crash and hospital data published in Accident Analysis and Prevention in 2020 indicated that more than 1.2 million people experience whiplash each year.

Symptoms of whiplash may include neck pain, shoulder and upper back pain, headache, stiff neck, reduced

range of motion in the neck, dizziness, numbness or tingling that travels to the shoulder, arm, or hand, blurred vision, ringing in the ears, abnormal fatigue, difficulty concentrating, irritability, and trouble sleeping. These symptoms do not always appear immediately and may begin hours or days after the injury. Without timely attention, symptoms can persist for weeks, months, or longer.

Chiropractic approaches to whiplash treatment at Complete Family Healthcare focus on soothing sore tissues and realigning vertebrae in the neck through natural, drug-free methods. Soft tissue mobilization addresses muscles that tighten to protect joints, vertebrae, ligaments, and tendons after injury. When these muscles do not relax independently, pain and stiffness can result. Practitioners use hands to gently stretch and loosen muscles and soft tissues, adjusting pressure and stroke length according to resistance. This process can relieve muscle tension, improve range of motion, reduce muscle spasms, and help break up scar tissue that may contribute to ongoing discomfort.

Spinal manipulation is used to reposition misaligned vertebrae, sometimes referred to as subluxations, in the neck and back. Such misalignments can produce neck pain, increase tension in muscles and soft tissues, and place pressure on nerves. Correction through hands-on methods or an activator aims to loosen soft tissues, decrease painful pressure, improve range of motion, and potentially reduce inflammation-related proteins.

Massage therapy is incorporated to improve circulation to the neck and decrease pain by relaxing tight tissues. The process can increase production of endorphins, serotonin, and oxytocin. Additional options include cervical disc decompression, which may decrease inflammation and ease pain and stiffness when symptoms relate to a bulging spinal disc, and regenerative shockwave therapy, which targets inflammation and scar tissue in soft tissue tendons and ligaments associated with the injury.

Dr. JJ Anthonijs founded Complete Family Healthcare in Alpharetta. He earned a Bachelor of Science degree from the University of Wisconsin Stevens Point in 2000 and a Doctorate of Chiropractic from Palmer College of Chiropractic in January 2004. His training emphasized traditional hands-on techniques with extensive preparation in the Gonstead method and extremity adjusting. Before establishing the practice, he owned and managed clinics in Wisconsin and Illinois. He has developed a blended technique of full spine and extremity adjustments suitable for patients of varied ages and backgrounds. Dr. Anthonijs is Webster certified and has provided care for women during pregnancy and their families. The practice also incorporates spinal disc decompression and regenerative shockwave therapy for certain disc and soft tissue concerns.

Dr. Jarrod Wise serves as associate chiropractor. He received a Bachelor of Arts degree from the University of Georgia and a Doctor of Chiropractic degree from Life University in 2002. He practiced in the Alpharetta area beginning in 2002, operated as lead doctor in a Duluth clinic for four years, and owned a chiropractic wellness center before joining Complete Family Healthcare in 2013. He maintains ongoing education through

workshops and seminars and holds certification as a life coach.

Patient care begins with a detailed history to understand how the condition developed, followed by an examination to establish a diagnosis. Progress is assessed within the first several visits. Care plans are customized to the individual presentation. The practice focuses on correcting nerve pressure from subluxations so that the body can function more effectively, rather than solely masking symptoms.

Educational resources at Complete Family Healthcare include a bi-weekly newsletter available by subscription. Topics address spinal health, daily habits, stress, disc conditions, and recovery considerations. A member wellness section provides animated exercise videos and additional articles. An interactive 3D spine simulator on the practice website illustrates relationships between the spine, neural network, and body functions for educational reference.

Complete Family Healthcare has been recognized in BusinessRate's Best of 2026 Alpharetta Awards in the chiropractor category. Practice owner Dr. JJ Anthonijs was also selected for inclusion in Atlanta Magazine's Top Chiropractors listings for 2025 and 2026. These recognitions reflect ongoing patient and peer acknowledgment of the care provided since the practice opened in 2006.

"Whiplash treatment requires attention to both the soft tissue response and the alignment of the cervical and upper thoracic spine so that protective muscle tension does not become a long-term source of restriction," said Dr. JJ Anthonijs, owner and chiropractor at Complete Family Healthcare.

"Addressing the sudden strain on ligaments, tendons, and vertebrae after a rapid head movement helps restore range of motion and reduce the secondary effects that can develop if the injury is left unattended," said Dr. Jarrod Wise, associate chiropractor at Complete Family Healthcare.

Complete Family Healthcare maintains a focus on ethical clinical management of musculoskeletal conditions through hands-on techniques and supportive therapies. Evaluations emphasize clear communication of findings and appropriate recommendations based on observed response. The combination of soft tissue work, spinal manipulation, and selected adjunctive methods forms the core of the approach to whiplash and related injuries.

Over nearly two decades of operation, the practice has refined its methods through continuous clinical experience. Care is delivered one visit at a time, with plans adjusted according to patient progress and goals. The emphasis remains on supporting the body's capacity for recovery by reducing mechanical stress on the spine and surrounding tissues.

Complete Family Healthcare operates as a chiropractic facility that provides evaluations, spinal and extremity adjustments, soft tissue therapies, and related modalities for conditions including whiplash, neck pain, back pain, headaches, and injury recovery. Established in 2006, the practice draws from the doctors' training at Palmer College of Chiropractic and Life University in applying established techniques to support function and comfort.

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For more information about Complete Family Healthcare, contact the company here: Complete Family Healthcare Dr. JJ Anthonijs +17707723500 completefamilyhealthcare@gmail.com 11525 Haynes Bridge Rd #120 Alpharetta, GA 30009

Complete Family Healthcare

Dr. JJ Anthonijs and Dr. Jarrod Wise bring 25+ years of combined experience and are in network with most health and auto insurance plans in Georgia. They help patients reach their health goals with or without filing insurance claims.

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