

Restoration Health Chiropractic Highlights Dr. Sarah Gruver on Clinical Team

September 17, 2026

LITTLE ROCK, AR - September 17, 2026 -
Restoration Health Chiropractic is highlighting Dr. Sarah Gruver, one of the doctors on its clinical team, and the educational and professional experiences that led her to chiropractic practice in Central Arkansas. Dr. Gruver?s background includes kinesiology, chiropractic education, group exercise instruction, personal training, and yoga. The practice is sharing her story as part of its published information about the doctors who provide care to patients in the Little Rock area.

Dr. Gruver is from North Little Rock, Arkansas. She graduated from Mount St. Mary?s in 2007 before attending the University of Arkansas in Fayetteville, where she earned her degree in kinesiology in May 2012. She continued her education at Logan College of Chiropractic in Saint Louis, Missouri, attending from May 2013 through August 2016.

Her interest in chiropractic began well before she entered professional practice. According to her biography on the Restoration Health Chiropractic website, Dr. Gruver knew she wanted to become a chiropractor by the

age of 10. During family vacations, she would try to help family members experiencing back aches and pains. Her father suggested that she consider becoming a chiropractor, giving her an early introduction to the profession.

Her interest became more direct during college. While studying at the University of Arkansas, Dr. Gruver worked as an assistant for a doctor in Fayetteville. During that time, she received her first chiropractic adjustment. Her experience in the office and exposure to chiropractic care contributed to her decision to pursue the profession as a career.

Dr. Gruver?s education in kinesiology also established an early connection between her professional interests and human movement. Kinesiology focuses on the study of human movement, giving her an academic background that complements the movement-related certifications she later completed.

She has been a certified group exercise instructor since 2008 and a certified personal trainer since 2012. She also completed a 200-hour yoga certification in April 2016. According to Restoration Health Chiropractic, Dr. Gruver hopes to use her knowledge of body mechanics to help patients with functional movement.

That combination of education and training is a central part of the background the practice highlights in her team biography. Rather than focusing only on her chiropractic education, the profile also documents the exercise, fitness, and yoga experience that preceded and accompanied her professional development.

Restoration Health Chiropractic describes its overall clinical approach as neurologically-based corrective chiropractic care. The practice states that its approach incorporates Chiropractic Biophysics and draws on areas including anatomy, physiology, neurology, physics, and geometry when developing care protocols. These descriptions reflect the practice?s stated approach to chiropractic care and are presented as part of its explanation of how patients are evaluated.

The practice states that new patient evaluations generally begin with a one-on-one consultation with a doctor. During the consultation, patients can discuss their concerns and goals with the doctor before proceeding with the examination process.

According to Restoration Health Chiropractic, a spinal examination may include motion and static palpation, range of motion assessment, digital posture analysis, and orthopedic and neurological testing. The practice also describes digital motion X-rays as part of its evaluation process when imaging is used. Its website states that these images capture movement in real time and allow its doctors to observe joint function during motion.

The practice?s patient information indicates that X-rays are ordered when clinically indicated and that patients are informed about the risks and alternatives associated with imaging. Restoration Health

Chiropractic?s informed consent materials also state that no specific outcome from chiropractic care is guaranteed.

After the consultation and examination, the practice states that doctors develop an individual care plan based on the findings. Dr. Gruver?s background in kinesiology, exercise instruction, personal training, and yoga provides additional context for her stated interest in body mechanics and functional movement.

Dr. Michael Butler, Owner and Chief Vision Officer at Restoration Health Chiropractic, said, "Dr. Sarah Gruver brings kinesiology training, movement credentials, and chiropractic education to the team, which supports the practice?s focus on body mechanics and functional movement in patient care."

Dr. Keith Beachy, Lead Doctor, said, "Her background as a group exercise instructor, personal trainer, and yoga-certified clinician adds a movement-centered perspective that complements the team?s emphasis on evaluating the individual patient and their movement."

Restoration Health Chiropractic maintains several locations in Central Arkansas, including its Little Rock location at 15400 Chenal Parkway, Suite 170. The practice also lists locations in Conway and Bryant. Its website states that the practice is accepting new patients and offers chiropractic and wellness services for individuals and families.

The practice describes its mission as serving the community through neurologically-based corrective chiropractic care. Its stated vision is to empower individuals to make informed decisions about the health of their families. Team biographies are part of the information Restoration Health Chiropractic provides to people who want to learn more about the doctors working within the practice.

Dr. Gruver?s biography gives prospective patients an opportunity to review her educational path before visiting the practice. It identifies her undergraduate training in kinesiology, her Doctor of Chiropractic education at Logan College of Chiropractic, and her additional certifications in group exercise, personal training, and yoga.

Her connection to Central Arkansas also extends throughout her personal and professional history. She grew up in North Little Rock, attended the University of Arkansas in Fayetteville, and gained her first professional exposure to chiropractic while working in a Fayetteville office. She now lives in Little Rock with her husband, Trey, and their three dogs, Blue, Kassi, and Cosmo.

For patients researching chiropractic providers in Little Rock, Dr. Gruver?s background provides information about the education and movement-related training she brings to her role. Her early interest in chiropractic, kinesiology degree, chiropractic education, and additional fitness and yoga certifications form the primary

elements of the professional profile published by Restoration Health Chiropractic.

The practice's team page places Dr. Gruver alongside other doctors with their own educational and professional backgrounds. Rather than presenting every team member's biography in the same announcement, the practice is using its published profiles to give patients more information about the individual clinicians who work with them.

Dr. Gruver?s story also reflects the connection between her early interest in chiropractic and her later education. What began with an interest in helping family members with back discomfort developed into an experience working in a chiropractic office, followed by formal study in kinesiology and chiropractic.

Her movement-focused training remains an important part of the biography Restoration Health Chiropractic presents. Her certifications as a group exercise instructor and personal trainer, along with her 200-hour yoga certification, add context to her stated interest in body mechanics and functional movement.

Restoration Health Chiropractic continues to provide chiropractic and wellness care to patients across Central Arkansas. The practice's current website lists its Little Rock, Conway, and Bryant locations and provides information about its evaluation process, services, and clinical team.

By highlighting Dr. Sarah Gruver, Restoration Health Chiropractic is providing patients with a closer look at one of the doctors on its clinical team. Her background includes education in kinesiology and chiropractic as well as years of training in exercise, personal training, and yoga. Together, those details provide a fuller picture of the professional background she brings to her role at the practice.

###

For more information about Restoration Health Chiropractic, contact the company here:Restoration Health Chiropractic - Little Rock, ARDr. Michael Butler(501) 400-7700info@rhlittlerock.com15400 Chenal Pkwy, Little Rock, AR 72211

Restoration Health Chiropractic

Our passion at Restoration Health is helping you achieve your health goals through chiropractic care, wellness-focused treatments, and cutting-edge therapies.

Website: https://rhlittlerock.com

Email: info@rhlittlerock.com

Phone: (501) 400-7700

