



Wellhouse Chiropractic Provides Pediatric Chiropractic Care in Hennepin County, MN

September 21, 2026

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Wellhouse Chiropractic is highlighting its pediatric chiropractic services for families in Hennepin County, MN, from its Maple Grove office at 11254 86th Ave North. The practice provides chiropractic care for infants, children, and families and describes its pediatric approach as age-specific care that considers a child's age, size, comfort, and health history.

The pediatric program at Wellhouse Chiropractic includes training through the International Chiropractic Pediatric Association (ICPA), Pediatric Experience, and Epic Pediatrics. Wellhouse Chiropractic says this education helps its doctors select different techniques for infants, toddlers, and older children rather than using the same adjustment method for every age group.

"Children have different needs at different stages of growth, and that is reflected in how we approach a pediatric visit," said Dr. Rachel Hovey, chiropractor and owner of Wellhouse Chiropractic. "We take time to talk with parents, explain what we are doing, and use techniques that are appropriate for the child's age and

comfort."

For infants, Wellhouse Chiropractic describes using light pressure at specific points. The practice compares the pressure to checking the ripeness of an avocado. For toddlers, doctors may use a toggle board, while older children may receive manual adjustments. Wellhouse Chiropractic says the technique is selected based on the individual child and the circumstances of the visit.

Research has also examined manual therapy for children across several health conditions. A 2019 systematic review published in BMC Complementary Medicine and Therapies evaluated 50 studies involving pediatric patients and found a positive overall assessment for manual therapy in three areas: low back pain, pulled elbow, and care involving premature infants.

The research provides context for the range of manual therapies studied in children while also showing why care should be considered based on the individual child and the reason for treatment. Wellhouse Chiropractic says its pediatric services are intended to complement, rather than replace, appropriate medical care.

Wellhouse Chiropractic's pediatric information states that chiropractic care does not replace pediatric diagnosis, medication, therapy, or emergency medical treatment. Parents can discuss a child's health history and concerns with the chiropractor, while conditions that require medical diagnosis or treatment remain within the role of the child's pediatrician or other appropriate healthcare professional.

"Our role is to explain what chiropractic care can and cannot provide and to work within the broader healthcare picture," said Dr. Sonia Schwert, chiropractor at Wellhouse Chiropractic. "Parents should feel comfortable asking questions and involving their child's other healthcare providers when medical evaluation or treatment is needed."

Wellhouse Chiropractic also uses Insight Scans as part of its chiropractic assessment process. The practice describes several measurements, including thermal scanning, surface electromyography (sEMG), and heart rate variability (HRV). These technologies measure different physical signals and are used by the practice as part of its assessment process.

Thermal scanning measures differences in skin temperature. Surface electromyography records electrical activity associated with muscles. Heart rate variability measures changes in the time between heartbeats. The meaning of each measurement depends on the equipment, testing conditions, patient characteristics, and clinical context.

Wellhouse Chiropractic describes its scans as assessment tools used alongside its chiropractic examination and patient history. The practice uses the information as part of its process for evaluating patients and

reviewing changes over time. Families can ask the office how each measurement is performed and how the results are interpreted during a visit.

The pediatric service is part of Wellhouse Chiropractic's broader family-focused practice. The clinic also provides chiropractic services for adults and offers care related to pregnancy and the postpartum period. Its published process includes an initial consultation, examination and assessment, discussion of findings, and development of a care plan when chiropractic care is appropriate.

Dr. Rachel Hovey is the chiropractor and owner of Wellhouse Chiropractic. Her biography states that she earned undergraduate degrees in Biology and Psychology from Hamline University and a Doctorate of Chiropractic from Northwestern Health Sciences University, graduating magna cum laude in 2014. The practice states that she is Webster certified and has completed pediatric and prenatal education through the ICPA, Epic Pediatrics, and Pediatric Experience.

Dr. Sonia Schwert earned a Bachelor of Science in Human Biology and a Doctorate of Chiropractic from Northwestern Health Sciences University. Her biography states that she is Webster certified and has continued education through the ICPA and Pediatric Experience, with professional interests that include perinatal care, infants, and children.

The Wellhouse Chiropractic team also includes Dr. Mason Clark, who earned his Doctorate of Chiropractic from Northwestern Health Sciences University in 2024 after studying Kinesiology at the University of Saskatchewan. His biography states that he has completed Webster certification and works with patients across age groups, including children.

"Education is an ongoing part of pediatric care," said Dr. Hovey. "We continue to build our knowledge so we can communicate clearly with parents and make each visit appropriate for the patient in front of us."

The Maple Grove office also includes features intended to accommodate families. Wellhouse Chiropractic describes a children's area with coloring materials, books, and a play kitchen. The practice says the space gives children an opportunity to become familiar with the office while parents discuss care with the chiropractic team.

Wellhouse Chiropractic serves Maple Grove and surrounding communities in Hennepin County. Its pediatric services focus on consultations with parents, age-appropriate chiropractic techniques, and care provided within the scope of chiropractic practice. Wellhouse Chiropractic's published information also emphasizes that chiropractic care should not replace appropriate pediatric medical care.

Families can contact Wellhouse Chiropractic at (763) 494-8787 or visit the practice at 11254 86th Ave North, Maple Grove, MN 55369. Additional information about pediatric services, the chiropractic team, and what families can expect during a visit is available through the practice's website.

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For more information about Wellhouse Chiropractic, contact the company here: Wellhouse Chiropractic Dr. Rachel Hovey (763) 494-8787 frontdesk@wellhousechiro.org 11254 86th Ave N Maple Grove, MN 55369

Wellhouse Chiropractic

At Wellhouse Chiropractic, we offer nervous system-focused chiropractic care that addresses the accumulation of stress that disrupts nervous system

Website: <https://wellhousechiro.org>

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