True Potential Chiropractic, Offering Corrective Care and Assisted Stretching in Beaverton, Receives Another Five Star Review

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Beaverton, Oregon - June 08, 2022 -
True Potential Chiropractic, a clinic in Beaverton, OR, that offers the services of a chiropractor Beaverton residents and depend on corrective care and assisted stretching services in Beaverton and neighboring areas, is proud to announce that they have received another five star review. Assisted one-on-one stretching is focused on particular muscles and connective tissues for the purpose of decreasing pain, alleviating tight muscles, enhancing circulation and strength, and improving recovery time and posture. It is important to note that the assisted post-assisted isometric relaxation (PIR) stretching they provide is more effective than self-stretching.

Assisted PIR stretching is typically useful for athletes of any type, such as crossfitters, dancers, martial artists, gymnasts, weightlifters, runners, and more. It is also suitable for weekend warriors, active children, moms on the go, inflexible dads, and even non-athletes who only do desk work..

In their latest five star review, Brandy B. said, ?I've been with the office for a little over a month now & I can definitely say that they have been the best chiropractic office I've been too. Dr. Bell and his team have really informed me & opened my eyes to the benefits of chiropractic care within the health field. Before seeing Dr. Bell, I had issues of numbness going down my left leg, trouble with passing gas & needed to take an Advil for my lower back if I sat for long periods of time. But being consistent with my adjustments has really made an impact on my everyday life & I hardly notice those symptoms! I also don't have to rely on taking Advil or Tylenol for my lower back! Working with the team & seeing what goes on behind the scenes in the office has so far been an amazing experience. I'm so glad to be a part of the TPC family.?

And when it comes to chiropractic massage Beaverton residents can also depend on True Potential Chiropractic. Their licensed massage therapists (LMTs) will consider each client as an individual with the

understanding that each body is unique. They offer customized massages using a range of techniques to enhance overall health and wellness. Their LMTs: are experts with regards to rehabilitative deep tissue modalities; are sensitive to all genders, ages, cultures, races, and ethnicities; employ techniques that help improve and recover function and range of motion; provide in depth instruction on self-care; and can coach clients either in session or post-session.

Founded in 2013, True Potential Chiropractic is ready to provide lifestyle care for everyone. Throughout the years, they have evolved into one of the top providers of family corrective care and wellness in the Pacific Northwest. Dr. Bryen Bell, who established the clinic, is a specialist in providing non-drug solutions as the first choice in health care. He and his family had migrated to the Pacific Northwest during the summer of 2013 and it was during that year that he launched the fully computerized and cutting edge corrective care family wellness center in Beaverton, Oregon. This is a family and sports rehab chiropractic practice that is focused on providing better health and wellness, by focusing on maintenance and prevention rather than acting only after a health problem has already occurred, including, pain, disability, or disease. He bases his philosophy on the six laws of the human body, which are: diet, rest, exercise, alignment, mindset, and stress management. Dr. Bell is a University of Portland graduate and holds a chiropractic (D.C.) and a bachelor of science degree in human biology from Cleveland Chiropractic College, Los Angeles.

When requiring the services of a chiropractor near me Beaverton residents and those in surrounding areas can check out the True Potential Chiropractic website, or contact them on the telephone or through email. They are open from 9:00 am to 12:00 pm and then from 3:00 pm to 6:00 pm on Mondays, Tuesdays, and Thursdays; from 3:00 pm to 6:00 pm on Wednesdays; and from 9:00 am to 11:30 am on Saturdays.

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For more information about True Potential Chiropractic, contact the company here:True Potential ChiropracticDr. Bryen Bell503-574-4872drbell@tpcportland.com8283 SW Cirrus DriveBldg 15Beaverton OR, 97008

True Potential Chiropractic

True Potential Chiropractic is an award winning wellness center located in Beaverton OR. TPC is able to assist from prenatal to adults with their pain relief, personal injury and corrective care. Bodywork, stretch and chiropractic therapy is available.

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