

CrossFields Interiors & Architecture Completes Remodel for Family Chiropractic Center for Wellness

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CrossFields Interiors & Architecture has completed a remodel for Family Chiropractic Center for Wellness in Spring Hill, Florida. The project transformed a 5,230 net square foot space, previously a fitness center, into a dedicated chiropractic and rehabilitation facility. This development separates the practice's services across two locations, with the new building housing chiropractic care, traction, and rehabilitation, while the original site focuses on regenerative and functional medicine along with executive offices.

The remodel addressed overcrowding and navigation issues in the existing setup, where multiple services overlapped in one building. Owner Dr. Brian Dahmer sought to streamline operations by purchasing the adjacent property and converting it into an efficient environment for chiropractic treatments, decompression, auto and sports injury care, scoliosis management, cold laser therapy, sciatica treatment, shockwave therapy, massage, and hydrotherapy. The design reused existing elements such as restrooms, a doctor's office, and a large staff break room to control costs while improving patient flow and experience.

Key features include a unified reception zone with check-in and check-out areas, a children's space, hospitality and retail sections to the left, and patient seating to the right. This setup provides clear visual control along the main corridor, aiding wayfinding for new patients. A centralized hot seat area, accessible through two barn doors, serves as the hub for patient movement. Four adjusting bays feature low walls and illuminated acrylic dividers, enabling staff oversight and visual connections to traction and hot seat zones.

Flexible rooms support both new patient consultations and ongoing adjustments. The large rehabilitation suite accommodates hydrotherapy, decompression, electrical stimulation, band-based therapies, and curtained zones for privacy. Staff areas include a multipurpose break room seating about 16 people with video conferencing capabilities, plus a private break space behind it. These elements create an organized layout that enhances efficiency and maintains a warm, welcoming atmosphere conducive to healing.

The project overcame challenges in repurposing the open gym space, including sizeable restrooms and showers, into a cohesive chiropractic facility. By preserving infrastructure, the design ensured a smooth transition and improved workflow across both buildings. The result allows the practice to operate more effectively, with clearer patient pathways and reduced confusion from combined services.

As providers of medical office interior design, CrossFields Interiors & Architecture applies its knowledge to various health and wellness practitioners, including those beyond chiropractic offices. The firm assists holistic health providers worldwide, focusing on environments that optimize space utilization and patient attraction. This approach incorporates the company's Signature 06 Steps process, which involves discovery, exploration, creation, selection, documentation, and design assurance to meet client needs.

Scott Boldt, President of CrossFields Interiors & Architecture, noted the project's impact on operational clarity. "Separating services into dedicated spaces allows practices to function more smoothly and meet patient expectations," Boldt said. "The reuse of existing elements in this remodel demonstrates how strategic planning can address overcrowding while keeping costs in check."

Carolyn Boldt, Vice President and Director of Design at CrossFields Interiors & Architecture, emphasized the focus on patient comfort. "Design elements like illuminated dividers and flexible rooms contribute to an environment that supports diverse treatments," Boldt stated. "In health and wellness settings, such features help create a sense of openness and privacy that aligns with therapeutic goals."

The completed remodel enables Family Chiropractic Center for Wellness to handle its range of services in specialized settings, improving overall patient clarity and staff efficiency. The warm atmosphere, achieved through thoughtful layout and material choices, reinforces the practice's commitment to comprehensive care. This initiative reflects broader trends in holistic health, where optimized spaces play a role in service delivery.

CrossFields Interiors & Architecture offers architectural, interior design, construction, and consulting services tailored to holistic health and wellness environments. The company works with practitioners at all levels, providing guidance on patient flow, space maximization, and office enhancements. Through its expertise, the firm helps create settings that support business operations and patient outcomes across the health and wellness sector.

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CrossFields Interiors & Architecture

CrossFields Interiors & Architecture, we're the only architectural + interior + construction + consulting firm that specializes in holistic health & wellness environments.

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