CrossFields Interiors & Architecture Vice President Discusses Recent Chiropractic Office Design Trends in Podcast

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CrossFields Interiors & Architecture Vice President and Director of Design Carolyn Boldt appeared on the Modern Chiropractic Mastery podcast in an episode focused on recent trends to chiropractic office design. Released on November 20, 2025, the discussion with host Dr. Kevin Christie examined the role of office environments in patient outcomes and practice operations, drawing from evidence-based design principles originally developed for hospitals.

The episode highlighted the collaboration between Boldt and Christie on a 2022 remodel of his practice, which involved updates to flooring, paint, decor, and furniture to address wear after a decade of use. Work occurred during nights and weekends to limit interruptions, demonstrating methods for refreshing spaces without halting daily activities. This project served as a practical example of applying hospital-derived evidence-based design to smaller healthcare settings, where environmental factors influence health results and financial returns.

Key topics included the recommendation to refresh office decor every seven to ten years, aligning with

material lifespans and evolving trends. Carpet typically lasts ten to twenty years in commercial settings, while paint requires touch-ups every two to three years. Such updates counteract wear and maintain alignment with patient expectations, particularly as practices expand services beyond traditional adjustments to include rehabilitation, decompression, laser therapy, and other modalities.

Recent trends emphasize warmer color palettes moving away from gray tones, incorporating lighter shades, muted colors, and natural wood elements. Texture gains prominence through large mural wall coverings rather than small artwork, adding warmth without clutter. Biophilic elements like plants and natural materials support healing, informed by research showing environmental impacts on recovery. Flexibility remains central, with room sizes around nine by twelve feet allowing multiple uses, and open areas for non-private treatments balanced by enclosed spaces for noise-generating equipment.

The conversation addressed balancing aesthetics and functionality in chiropractic office design. Spaces modeled after retail or hospitality venues can enhance perceived value, encouraging patient trust and referrals. Functional aspects prioritize efficient flow, adequate storage to prevent clutter, and adaptable layouts for future growth. Digital record-keeping reduces physical filing needs, freeing space for team areas often overlooked in initial planning.

Strategies for remodeling without major disruption involved phased approaches or temporary relocations for larger changes. Economic conditions favor refreshes over new construction, with extended lead times influencing decisions. Evidence-based design, established over fifty years and validated through initiatives like the Pebble Project, provides data on how quality environments yield measurable benefits in patient satisfaction and operational efficiency.

Carolyn Boldt, Vice President and Director of Design at CrossFields Interiors & Architecture, explained the application of hospital research to private practices. "Evidence-based design principles show that intentional environments contribute to better patient outcomes and practice returns, much like proven hospital improvements," Boldt said. "Adapting these to chiropractic settings involves purposeful choices in materials, layout, and updates timed to natural cycles."

Boldt further noted the evolving needs of wellness providers. "As services diversify, chiropractic office design must incorporate flexibility for equipment and flow while integrating natural elements that support therapeutic goals," Boldt stated. "Regular refreshes ensure spaces continue meeting both staff and patient requirements effectively."

The podcast underscored broader applications beyond chiropractic care, with insights relevant to various health and wellness providers seeking optimized environments. Discussions on storage solutions, acoustic treatments, and multi-use rooms apply to acupuncturists, functional medicine practitioners, and others in

holistic health fields.

CrossFields Interiors & Architecture provides architectural and interior design, construction, and consulting services for holistic health and wellness environments. The firm works with practitioners across disciplines, employing processes that guide clients from discovery through implementation. Expertise centers on creating functional spaces that align with operational demands and patient experiences in healthcare settings nationwide.

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

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