



## **Live Well Chiropractic Highlights Dr. Kris Arnold's Journey as a Chiropractor in Bedford County, PA**

*January 15, 2026*

NEW PARIS, PA - January 15, 2026 - PRESSADVANTAGE -

Live Well Chiropractic draws attention to the professional journey of Dr. Kris Arnold, its owner and clinic director, who has served as a chiropractor in Bedford County, PA, for more than 25 years. This focus covers the practice's use of health solutions in the local area. Dr. Arnold's story involves assisting residents through chiropractic methods and education.

Dr. Arnold was born and raised in the area on a family farm. This background influenced his decision to pursue chiropractic care. He graduated from Parker College of Chiropractic in 2000 and returned to establish his practice in response to the need for non-force chiropractic services. His style of care received positive feedback from the start.

The practice employs techniques such as instrument-assisted adjustments that aim to restore nervous system function. Patients report feeling at ease during sessions. Dr. Arnold uses computer scans to identify stress within the nervous system, enabling interventions that address underlying issues. This method

includes educating individuals on lifestyle choices.

In addition to chiropractic adjustments, Live Well Chiropractic offers services including nutrition therapy tailored to conditions like digestive disorders, thyroid imbalances, diabetes, and hormonal issues. Massage therapy options, such as Swedish and salt stone techniques, address physical tension. Regenerative therapies, including S-Wave and PEMF treatments, utilize sound and magnetic waves for cellular repair and joint renewal.

General research on PEMF therapy provides context. A systematic review of 17 studies involving 1197 patients found PEMF associated with a 60% decrease in VAS pain scores and 42% improvement in WOMAC scores for knee osteoarthritis, though these are general findings not specific to the clinic. A meta-analysis of 11 RCTs with 614 patients reported standardized mean differences of 0.71 for pain relief, 1.34 for stiffness reduction, and 1.52 for physical function improvement in osteoarthritis, based on broader clinical data. Another meta-analysis indicated PEMF alleviated pain with SMD -0.54 in knee OA and -2.85 in hand OA, from general studies.

For shockwave therapy, general evidence shows effectiveness. A systematic review concluded extracorporeal shockwave therapy is effective for lower limb and calcific tendinitis, though not linked to clinic outcomes. A meta-analysis found it relieves pain in upper limb tendonitis types, based on RCTs not specific to the practice. Another review reported satisfactory evidence for low-energy ESWT in chronic Achilles tendinopathies, from general literature.

Dr. Arnold's approach extends to care for demographics including pediatric patients and expectant mothers. Treatments address concerns like colic, ear infections, neck pain, sciatica, headaches, and plantar fasciitis. The practice assists families with health challenges.

General research on chiropractic care suggests spinal manipulation can improve symptoms of cervicogenic headaches better than massage, though these results are from broader practices. A systematic review and meta-analysis indicated small, short-term effects on pain intensity, frequency, and disability for cervicogenic headaches, not clinic-specific. Another review found spinal manipulation comparable to common prophylactic medications for tension-type headaches, based on general evidence.

"Chiropractic care focuses on restoring balance and enabling the body to function as designed," said Dr. Kris Arnold, Owner and Clinic Director of Live Well Chiropractic. "It involves gentle adjustments and education to support health processes."

Supporting Dr. Arnold is a team of professionals. Dr. Jason Stephens, Pediatric and Family Health Director, provides low-force adjusting and nutritional guidance, with a Doctor of Chiropractic degree from 2006. Dr.

Randy Tabita, Wellness Director, specializes in posture and spine rehabilitation, graduated in 2007. Dr. Conner Buttry, Family and Sports Chiropractor, applies injury recovery knowledge, graduated in 2024. Massage therapists Suzanne Marisic and Kristy DeHaven offer modalities; DeHaven has over 23 years of experience. Ashley Conn provides functional health coaching with over 16 years in skin health. Erin Dennis manages regenerative therapies.

The integration of services allows Live Well Chiropractic to address health needs from injuries to maintenance. Nutritional counseling uses whole-food supplements and detox protocols. Thermography scans offer non-invasive insights. The practice serves patients, with team members holding degrees from accredited institutions.

Dr. Arnold's return after graduation began an effort to provide health options. His upbringing instilled values applied to patient interactions. He fosters an environment where education empowers health management.

"Integrating chiropractic with complementary therapies provides a framework for addressing health issues," added Dr. Kris Arnold.

As health awareness grows, practices like Live Well Chiropractic provide alternatives. The emphasis on technology-supported care serves those seeking solutions.

Live Well Chiropractic expands offerings with regenerative medicine advancements. These therapies target rejuvenation. Combined with chiropractic principles, they support health.

The practice accepts major insurance providers, including UPMC, Blue Cross Blue Shield, United Healthcare, and Medicare. This aligns with Dr. Arnold's goal of access in the region. Through education and service, the team benefits individuals and families.

Live Well Chiropractic combines chiropractic with massage, nutrition, and regenerative therapies to address health issues. Founded by Dr. Kris Arnold, the practice uses a patient-centered model to serve the community

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## Live Well Chiropractic

*Live Well Chiropractic provides total natural care through gentle chiropractic, massage therapy, nutritional counseling, regenerative therapies, healthy weight loss, and more.*

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