

Live Well Chiropractic Celebrates 25 Years of Providing Chiropractic and Wellness Care in Bedford County, PA

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Live Well Chiropractic marks its 25th anniversary in 2026, reflecting on a quarter-century of service to the local community. Founded by Dr. Kris Arnold, the practice has evolved from a single chiropractic office to a comprehensive wellness center, maintaining a focus on health approaches for families.

Dr. Arnold was born and raised in Bedford County, PA on a family farm. This background influenced his decision to pursue chiropractic studies. He graduated from Parker College of Chiropractic in 2000 and established the practice to provide non-force chiropractic services.

The practice offers instrument-assisted adjustments designed to restore nervous system function in a relaxing manner. Computer scans identify stress in the nervous system, allowing for targeted interventions that address underlying issues. This approach supports educating patients about lifestyle choices for health maintenance.

Complementary services include nutrition therapy for conditions such as digestive disorders, thyroid imbalances, diabetes, and hormonal issues. Massage therapy encompasses techniques like Swedish and salt stone methods to alleviate physical tension. Regenerative therapies, such as S-Wave and PEMF treatments, employ sound and magnetic waves aimed at stimulating cellular repair and joint renewal.

General research provides context for these regenerative therapies. A systematic review of studies involving 1197 patients found PEMF therapy associated with a 60% decrease in VAS pain scores and 42% improvement in WOMAC scores for knee osteoarthritis, though these findings relate to the therapy in general and not specifically to treatments at Live Well Chiropractic. A meta-analysis of 11 randomized controlled trials 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 standardized mean differences of -0.54 in knee

osteoarthritis and -2.85 in hand osteoarthritis, from general studies.

For extracorporeal shock wave 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 randomized controlled trials not specific to the practice. Another review reported satisfactory evidence for low-energy extracorporeal shockwave therapy in chronic Achilles tendinopathies, from general literature.

The practice provides care for various demographics, including pediatric patients and expectant mothers, addressing concerns like colic, ear infections, neck pain, sciatica, headaches, and plantar fasciitis. Nutritional counseling incorporates whole-food supplements and detox protocols for heart health and metabolic function. Thermography scans offer non-invasive insights into bodily processes.

General research on chiropractic care suggests spinal manipulation can improve symptoms of migraine and cervicogenic headaches, though these results pertain to general chiropractic practices rather than specific outcomes at Live Well Chiropractic. 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.

"Reflecting on 25 years, the practice has remained committed to health care principles," said Dr. Kris Arnold, Owner and Clinic Director of Live Well Chiropractic. "This milestone highlights the ongoing effort to support community health through education and methods."

The team includes Dr. Jason Stephens, Pediatric and Family Health Director, who graduated from New York Chiropractic College in 2006 and focuses on low-force adjusting and nutritional guidance. Dr. Randy Tabita, Wellness Director, graduated from Life University in 2007 and specializes in posture and spine rehabilitation. Dr. Conner Buttry, Family and Sports Chiropractor, graduated from Northeast College of Health Sciences in 2024 and applies knowledge from his athletic background.

Massage therapists Suzanne Marisic and Kristy DeHaven provide therapeutic modalities, with DeHaven bringing over 23 years of experience. Ashley Conn serves as Functional Health Coach, drawing from over 16 years in skin health and personal experiences with chronic conditions. Erin Dennis manages regenerative therapies as Wellness Center Manager.

The practice has served over 1,000 patients. It accepts major insurance providers, including UPMC, Blue Cross Blue Shield, United Healthcare, and Medicare, to broaden access to its services.

Dr. Arnold's return to the area post-graduation initiated a long-term contribution to local health options. His farm upbringing influenced a perspective on natural stewardship, applied to patient care. The practice fosters an environment where education enables individuals to manage their health.

"Over the past 25 years, the integration of chiropractic with other therapies has allowed the practice to address a spectrum of health needs," added Dr. Kris Arnold.

As awareness of health options increases, Live Well Chiropractic continues to offer alternatives to conventional approaches. The anniversary year involves celebrations to engage the community, acknowledging the support received over the decades.

The practice expands its offerings with advancements in regenerative medicine. These therapies aim at cellular rejuvenation, combined with chiropractic principles to support physical and nutritional health.

Live Well Chiropractic functions as a hub for health care in the region. Founded in 2000 by Dr. Kris Arnold, it combines chiropractic expertise with massage, nutrition, and regenerative therapies to tackle health issues. The patient-centered model serves the community through promotion.

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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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