Fishel Chiropractic Details Dr. Danielle Fishel's Path Shaping Family Chiropractic Care

February 17, 2026

ST. LOUIS, MO - February 17, 2026 -
Fishel Chiropractic has outlined the background and specialized training of its founder that define the clinic's approach to care for mothers, infants, children and families. The information underscores how early influences and targeted education have directed the practice toward neurologically focused, stage-specific chiropractic services.

Dr. Danielle Fishel first encountered chiropractic care at age 11 through her late great uncle, Dr. Don Pfyl, a practitioner who adjusted family members and friends. Tasks such as raising and lowering the adjusting table during those sessions introduced her to spinal anatomy and the role of adjustments in supporting body function. This exposure established the foundation for her career choice.

While earning a bachelor's degree in exercise science at Missouri Baptist University, Dr. Fishel became a mother at age 19. The birth of her daughter Riley brought new responsibilities during her college years. With family support, she completed her studies and advanced to Logan Chiropractic College, graduating with a doctor of chiropractic degree in December 2017.

One month before graduation, Dr. Fishel attended a seminar on the Webster Technique. The session aligned her personal experiences as a mother with her clinical interests.

"One month before I graduated, I took the Webster Technique seminar. I found my true calling taking care of moms, babies, kids, and families," said Dr. Danielle Fishel, founder and lead chiropractor at Fishel Chiropractic.

As a mother, Dr. Fishel observed how childcare demands could shift focus away from personal health. She noted the close connection between a mother's well-being and the health of her children. When infants or young children faced challenges, the mother's condition was often affected. This perspective led her to

pursue extensive post-graduate education in perinatal and pediatric topics.

Dr. Fishel earned certification in the Webster Technique for pelvic balance during pregnancy, prenatal certification through the International Chiropractic Pediatric Association, cranial sacral technique certification, CACCP pediatric certification through the International Chiropractic Pediatric Association, and status as an International Board Certified Lactation Consultant. She employs diversified, Webster, craniosacral, Thompson and Activator adjusting methods along with physiotherapy modalities that include spinal rehabilitation exercises, hot and cold therapy, therapeutic ultrasound and soft tissue massage.

Research supports the use of manual therapies in these areas. A Cochrane review of interventions for low-back and pelvic pain during pregnancy found moderate-quality evidence that osteomanipulative therapy, which includes techniques similar to those used in chiropractic care, can reduce pain and functional disability. Low-quality evidence from additional studies indicated benefits from related manual approaches when added to usual prenatal care.

For pediatric care, a 2009 survey published in the journal Explore examined safety and effectiveness in a practice-based research network. Chiropractors reported three adverse events per 5,438 office visits involving 577 children, while parents reported two adverse events per 1,735 visits involving 239 children. Both groups indicated high rates of improvement in children's presenting complaints as well as additional positive effects unrelated to the initial concerns. The American Chiropractic Association has stated that contemporary evidence shows chiropractic care for children is safe and that serious adverse events are exceedingly rare.

Patient satisfaction with chiropractic care aligns with these findings. Data from the American Chiropractic Association indicate that 77 percent of individuals who receive chiropractic services describe the care as very effective. Surveys focused on wellness-oriented chiropractic patients have reported satisfaction rates reaching 95 percent, with minor and self-limiting adverse events occurring in 6 to 11 percent of cases.

The St. Louis chiropractic practice fouded by Dr. Fishel in September 2018 applies this preparation through services tailored to life stages. General chiropractic care addresses spinal and joint concerns. Pregnancy and postnatal care uses gentle methods to support expectant and new mothers. Pediatric care assists infants, toddlers, children and teens with developmental considerations. Acupuncture is available to aid pain management, stress reduction and energy balance. Lactation support incorporates Dr. Fishel's certification to provide guidance on breastfeeding challenges.

The clinic's philosophy centers on the connection between the brain and body. Adjustments focus on reducing nervous system interference to allow the body to function according to its design. Care plans are developed after a thorough consultation and gentle examination, with recommendations based on each

patient's health goals, condition and lifestyle. No referral is required. The setting welcomes entire families, including dads and caregivers, and those seeking proactive wellness or alternatives to conventional approaches.

Dr. Fishel practices with her husband, Dr. Beau Fishel, whom she met during chiropractic college. Additional team members include Dr. Christine Carson, who holds certifications in Webster prenatal technique and pediatric studies through the International Chiropractic Pediatric Association, and Dr. Isabelle, a current intern completing her doctorate at Logan University with training in Webster Technique and pediatric interests. A chiropractic assistant supports daily operations and patient coordination.

This team structure reinforces a family-oriented model. Dr. Fishel's background as both a practitioner and a mother informs the delivery of care, with attention to the practical aspects of family life. The clinic serves patients from newborns to adults who seek natural options for health maintenance or whose concerns have not resolved through other methods.

Initial visits involve a detailed review of health history followed by a nervous system evaluation. Follow-up care is customized, whether for birth preparation, postpartum recovery or support of developmental milestones. The practice maintains a commitment to ongoing education. Dr. Fishel has completed more than 300 post-graduate hours in prenatal, postnatal and pediatric topics since graduation.

The integration of lactation consultation with chiropractic adjustments allows coordinated support for structural and feeding-related needs in early infancy. All techniques are selected for safety and appropriateness across age groups. The clinic operates on the principle that removing interference from the nervous system enables the body's innate healing capacity.

Through the founder's documented path from early observer to specialized practitioner, the clinic has developed a consistent model grounded in clinical training and family perspective. This framework supports services that address the full spectrum of family health needs, from pregnancy through childhood and beyond. The emphasis remains on gentle, neurologically focused care delivered in a supportive environment.

Fishel Chiropractic continues to refine its offerings based on current research and professional development. The practice delivers individualized care that accounts for the interconnected nature of maternal health, child development and family dynamics. Services are provided with clear explanations of findings and recommendations tailored to each patient's circumstances.

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For more information about Fishel Chiropractic, contact the company here:Fishel ChiropracticDr. Danielle

Fishel(314) 440-5242drdaniellechiro@gmail.com10206 Watson Rd, St. Louis, MO 63127

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At Fishel Chiropractic, we believe that health begins with connection?between brain and body, within families, and between our team and the people we serve.

Website: https://fishelchiropractic.com/

Email: drdaniellechiro@gmail.com

Phone: (314) 440-5242

