



Active Chiropractic Expands Chiropractic Team in Raleigh with Addition of Dr. Ahni Ruzsa

March 07, 2026

RALEIGH, NC - March 07, 2026 - PRESSADVANTAGE -

Active Chiropractic has added Dr. Ahni Ruzsa to its chiropractic team, enhancing the practice's capacity to provide rehabilitation-focused and movement-based care. This addition supports the clinic's ongoing efforts to offer comprehensive neuromusculoskeletal treatments through a multidisciplinary approach. Dr. Ruzsa joins existing chiropractors Dr. Molly Hall and Dr. Matthew Murphy, contributing her background in family-centered wellness and women's health.

Dr. Ahni Ruzsa holds a Bachelor of Science in Biology from Grand Canyon University and a Doctorate of Chiropractic from Northwestern Health Sciences University, earned in 2025. Her academic path began at the University of Sioux Falls, with clinical training completed in Raleigh. She has pursued advanced training through the Motion Palpation Institute, Functional and Kinetic Treatment with Rehab, Dry Needling, Dynamic Neuromuscular Stabilization, and Mechanical Diagnosis and Therapy based on McKenzie methods. As a former collegiate track athlete from Minnesota, Dr. Ruzsa applies her understanding of body mechanics to treat patients across life stages, including newborns, athletes, and active adults. Her special interest lies in women's health, addressing physical changes from adolescence through postpartum periods and beyond. This expertise allows her to develop individualized plans that emphasize education, movement, and

consistency for long-term health.

The expansion of the chiropractic team aligns with Active Chiropractic's provision of chiropractic care in Raleigh, NC, where spinal manipulation and related techniques address conditions such as back pain, sciatica, headaches, and joint dysfunctions. Chiropractic adjustments at the practice involve methods like diversified, drop table, flexion-distraction, and instrument-assisted techniques to correct spinal misalignments and improve nervous system function. These evidence-based interventions aim to alleviate pain from sources including disc issues, sports injuries, motor vehicle accidents, and work-related strains, while promoting overall mobility and structural balance.

Dr. Molly Hall, chiropractor and owner of Active Chiropractic, commented on the team's growth. "The inclusion of Dr. Ruzsa strengthens our ability to deliver personalized, movement-oriented care that addresses root causes of dysfunction," said Dr. Hall. "Her rehabilitation expertise complements our holistic methodology, enabling more comprehensive support for patient wellness."

Dr. Ahni Ruzsa, chiropractor at Active Chiropractic, shared her perspective on patient care. "Focusing on how the body functions and adapts allows for treatments that extend beyond symptom relief to foster long-term vitality," said Dr. Ruzsa. "Working with diverse patient groups, from families to athletes, involves tailoring plans that incorporate education and consistent movement practices."

In addition to chiropractic services, Active Chiropractic integrates complementary therapies to support holistic health. Massage therapy, provided by licensed professionals, employs techniques such as Swedish, deep tissue, trigger point, lymphatic, and craniosacral to enhance relaxation, improve circulation, and reduce inflammation. These sessions may also bolster immune function through increased lymphatic flow and stress reduction. Therapists like Lindsay Dusseau, with certifications in Reiki and craniosacral therapy, customize treatments to address physical and emotional states. Allie Farmer specializes in chronic pain and athletic recovery, while Susan Rotman focuses on pregnancy and postpartum support using cupping and acupuncture. Joshua Larimar blends myofascial release with Reiki, and Lydia Smith incorporates Graston Technique for fascial restrictions.

Other services include dry needling to target muscle trigger points for tension relief and mobility improvement, often applied in chronic pain cases. Softwave therapy uses shockwave technology to stimulate cellular repair and enhance blood flow for tissue regeneration. Neuropathy treatments, directed by Gigi Dube-Clark, a registered nurse with over 28 years of experience, combine multidisciplinary protocols to restore nerve function and reduce symptoms. Red light therapy, led by holistic health coach Lindsay Gilbert, utilizes infrared light to address inflammation and support energy levels. Acupuncture and body contouring further

complement the offerings, providing options for energy balance and composition analysis.

The practice's team extends to administrative roles, with Emma Bowman as practice manager holding a bachelor's degree in communication from NC State University, and Rosanna King as administrative assistant contributing over seven years in the chiropractic field. This collaborative structure ensures coordinated care, drawing from diverse backgrounds to meet patient needs.

Active Chiropractic originated in 2005 under Dr. Molly Hall's leadership, following her graduation from Logan College of Chiropractic. Starting in a local gym, the clinic evolved into a multidisciplinary center in North Hills, Raleigh. The mission centers on empowering patients through individualized care that targets root causes rather than symptoms. The approach emphasizes compassion, excellence, empowerment via education, integrity, and integration of nerve care with lifestyle balance. Over the years, the practice has expanded to include expert professionals in a facility equipped for holistic interventions, focusing on mind, body, and spirit for sustained wellness.

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Active Chiropractic

Founded in 2005 by Dr. Molly Hall, a passionate chiropractor and health advocate, we are proud to be a holistic healthcare provider located in the heart of Raleigh, North Carolina.

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