

# Ascend Family Chiropractic in Pierce County, WA

## Highlights Founding Story

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Ascend Family Chiropractic in Graham, WA highlights its founding story amid recent research underscoring the efficacy of chiropractic care for pain management and long-term wellness. Founded by Dr. Chaz Curtis following his personal experiences with injuries and chronic conditions, the clinic provides individualized chiropractic services to families in Pierce County, Washington. This focus comes as studies continue to support evidence-informed techniques that offer sustained health benefits.

The clinic's origins trace back to Dr. Curtis's teenage years, marked by multiple injuries, head trauma, and chronic migraines. Conventional methods offered limited relief, but chiropractic adjustments led to enhancements in pain levels, bodily functions, recovery times, and stress management. This experience prompted Dr. Curtis to pursue a Doctor of Chiropractic degree and establish a practice centered on natural, non-invasive approaches to health.

Ascend Family Chiropractic operates with a commitment to personalized care, adapting treatments to each patient's needs and life stages. The practice addresses a variety of conditions through spinal adjustments, including back pain, neck discomfort, headaches, sciatica, and sports injuries. Wellness services aim to maintain nervous system function, improve posture, boost immunity, and increase energy levels.

Recent research reinforces the clinic's methods. A study published in the *Journal of Manipulative and Physiological Therapeutics* indicated that spinal manipulation improves range of motion and reduces pain significantly. Another clinical trial found that combining chiropractic care with usual medical treatment for low back pain yields greater relief and functional improvement than medical care alone. These findings align with the evidence-informed techniques employed at the clinic, which prioritize spinal alignment to facilitate the body's natural healing processes.

In response to growing evidence on chiropractic efficacy, Ascend Family Chiropractic has initiated a

community education series on preventive health strategies. This initiative includes workshops held at the Graham location, covering topics such as injury prevention and wellness maintenance. The series draws from Dr. Curtis's background and current research to inform local residents about non-invasive options for health management.

Dr. Chaz Curtis, DC, Founder of Ascend Family Chiropractic, stated, "Experiences with personal health challenges revealed the potential of chiropractic care to restore function and resilience. This practice extends that approach to families, supported by ongoing research that validates its benefits for pain relief and overall well-being."

The clinic's services extend to injury recovery, assisting athletes and active individuals in regaining mobility and strength. Techniques focus on correcting misalignments to alleviate symptoms and prevent recurrence. For families, care spans from infants to seniors, addressing developmental needs and age-related issues.

Supporting research highlights sustained benefits. A pragmatic trial review concluded that chiropractic care, including spinal manipulation, matches the effectiveness of standard physical therapy for chronic spine pain. Additional studies show improvements in immune competence and reduced reliance on medications among chiropractic patients. These outcomes reflect the clinic's emphasis on long-term health rather than temporary fixes.

The team at Ascend Family Chiropractic supports this mission through coordinated efforts. Dr. Curtis leads adjustments, while office managers Marilyn Curtis and Caitlyn oversee operations. Evelyn, as X-Ray Technician and Chiropractic Assistant, handles imaging and patient support. Assistants Tina and Jacey contribute to daily functions, ensuring efficient and empathetic service.

Ascend Family Chiropractic addresses regional health needs arising from daily activities, work demands, and recreation. By optimizing nervous system function, the practice helps mitigate escalating issues. This aligns with trends toward natural health solutions, where preventive measures reduce the need for invasive interventions.

Dr. Chaz Curtis, DC, added, "Research continues to affirm the role of chiropractic in enhancing quality of life. Families benefit from informed, relational care that promotes lasting health improvements."

The clinic maintains transparency in its processes, explaining assessments and plans to patients. This approach fosters informed decisions and contrasts with more standardized models. As chiropractors serving Pierce County, Ascend Family Chiropractic adapts services based on feedback and field developments.

Ascend Family Chiropractic serves as a family-centered practice specializing in chiropractic care for pain relief, recovery, and wellness. The clinic supports the community with personalized treatments in a supportive environment, aiding better movement and life quality.

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For more information about Ascend Family Chiropractic, contact the company here: Ascend Family Chiropractic Dr. Chaz Curtis, DC (253) 375-6004 [drchaz@ascendfamilychiro.com](mailto:drchaz@ascendfamilychiro.com) 10225 198th St Ct E, Suite b203 Graham, WA 98338

## **Ascend Family Chiropractic**

*Our chiropractors are dedicated to providing compassionate care and educating you on the benefits of chiropractic wellness.*

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