

Awaken Chiropractic Advances Neurologically Based Chiropractic Care in Gainesville, FL

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Awaken Chiropractic operates as a chiropractic practice in Gainesville with a focus on neurologically based care derived from the founders' backgrounds and training. Established by Dr. Shane Semegon and Dr. Brittany Semegon, both natives of the area, the practice draws from family influences and professional experiences to deliver spinal adjustments aimed at supporting nervous system function. This approach reflects Dr. Shane Semegon's exposure to chiropractic principles during his upbringing.

Dr. Shane Semegon, a graduate of the University of Florida, pursued his doctorate at Palmer College of Chiropractic in Florida. His father, a chiropractor, treated patients for various conditions, including earaches, hearing loss, headaches, back and neck pain, and fertility concerns. This observation shaped Dr. Semegon's interest in the field. Following graduation, he practiced at Cornerstone Family Chiropractic in Alabama, noted for its scale in pediatric care within the Southeastern United States. There, he developed skills in care for children and expectant mothers.

Dr. Brittany Semegon, also a University of Florida graduate, earned her doctorate from Palmer College of Chiropractic. She joined Dr. Shane Semegon at Cornerstone Family Chiropractic, gaining similar experience. Her personal encounters with chiropractic care involved addressing kidney stones, digestive issues, headaches, infertility, and menstrual problems, which she attributes to adjustments. During her pregnancy, she received care that aligned with her delivery of their daughter, Juniper, at home. These experiences are anecdotal and reflect her individual outcomes, not universally validated results.

The couple returned to Gainesville to open Awaken Chiropractic, incorporating a neurologically based method that involves precise spinal adjustments to facilitate nervous system communication. The practice serves individuals across age groups, from infants to seniors, with adjustments intended to aid in pain relief and health maintenance. Research indicates that chiropractic care can improve function in cases of chronic low back pain and support overall nervous system health. A meta-analysis has shown spinal manipulation provides effects similar to other therapies for chronic low back pain. Studies also suggest benefits for neck pain and headaches.

The team includes Dr. Sarah Hull, who holds a doctorate from Palmer College of Chiropractic and certification in the Webster Technique through the International Chiropractic Pediatric Association. She practiced in family-focused settings in New York and Indiana before joining the Gainesville office. Office Manager Lilli Anne Rowland, a University of North Georgia graduate, manages operations and draws from her childhood resolution of chronic ear infections through adjustments, noted as a personal account.

As chiropractors in Gainesville, FL, the Semegons and their team adhere to principles taught at Palmer College, an accredited institution. The practice emphasizes ethical, science-backed methods, with ongoing training in techniques such as the Torque Release Technique and Pierce Results System, which analyze spinal motion and stress.

Educational resources on the practice's website cover topics like attention deficit disorders, allergies, anxiety, asthma, digestive problems, ear infections, headaches, migraines, and neck or back pain. These materials explain potential roles of spinal adjustments in supporting bodily functions, based on general research findings. For instance, evidence points to chiropractic care enhancing immune response and organ function through improved neural pathways. However, outcomes vary, and consultations with healthcare providers are recommended for specific conditions.

Dr. Shane Semegon discussed the origins of his commitment to the field. "Exposure to chiropractic care in my family demonstrated its potential impact on various health concerns," said Dr. Shane Semegon, chiropractor at Awaken Chiropractic. "This foundation guides our approach to neurologically based adjustments."

Dr. Brittany Semegon provided insight into her perspective. "Personal health challenges resolved through chiropractic care informed my professional path," said Dr. Brittany Semegon, chiropractor at Awaken Chiropractic. "We aim to share factual information on wellness strategies with the community."

Community ties remain central, with the practice contributing to local health initiatives. The Semegons' return to Gainesville underscores a dedication to area residents, offering care informed by their training and experiences.

Scientific literature supports chiropractic adjustments for improving mobility, posture, and strength, with studies showing reductions in pain and enhancements in quality of life. Systematic reviews confirm efficacy for spine-related pain, aligning with the practice's focus.

The practice incorporates tools for long-term health, such as guidance on posture and lifestyle factors that complement adjustments. This holistic view stems from the doctors' education and clinical backgrounds.

Awaken Chiropractic maintains a patient-centered environment, with team members like Paxton, the French Bulldog, adding a unique element to visits. The practice evolves with advancements in chiropractic research, ensuring methods remain current.

As licensed chiropractors in Florida, the team holds doctorates from an accredited college and pursues continuing education. This structure supports their mission to provide care based on established principles.

Awaken Chiropractic stands as a resource for those exploring neurologically based care, rooted in the founders' story and informed by broader research in the field.

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