

Fishel Chiropractic Announces Dr. Danielle Fishel's Completion of FOCUS Certification to Enhance Pediatric Care

March 10, 2026

ST. LOUIS, MO - March 10, 2026 -
Fishel Chiropractic announced that Dr. Danielle Fishel has completed her FOCUS Certification, enabling the clinic to expand support for children facing nervous system challenges. This development allows the practice to incorporate a four-pillar program designed to assist young patients with issues affecting learning, behavior, and development.

The FOCUS Certification, provided by the Focus Academy, trains chiropractors in a hierarchical approach to brain development. This method involves assessing and addressing neuro-deflective disorders through chiropractic care, integrating tools to evaluate developmental trajectories. Practitioners use this program to support children experiencing difficulties such as inability to focus, hyperactivity, challenges in school, impulsivity, anger or emotional outbursts, anxiety, delayed or missed developmental milestones, struggles to make friends, difficulty with routine changes, and learning challenges. The approach emphasizes improving nervous system function to aid regulation and growth.

Emerging research in chiropractic pediatrics, including pilot studies and case series, suggests that such interventions may contribute to improvements in symptoms associated with neurodevelopmental conditions like attention deficit hyperactivity disorder and autism spectrum disorders. For example, a pilot randomized controlled trial examined the effects of chiropractic adjustments on inattention, hyperactivity, and impulsivity in children with attention deficit hyperactivity disorder, finding improvements in both treatment and control groups but no significant differences between them. Another study on spinal manipulation's impact on oculomotor control in children with attention deficit hyperactivity disorder reported a decrease in reading time following interventions. A retrospective review of case records also noted enhancements in quality of life and hyperactivity measures among school-aged children receiving chiropractic care. However, these findings are preliminary, and larger, more rigorous studies are needed to determine the efficacy of chiropractic care for these conditions.

Dr. Fishel completed this certification recently, supplementing her qualifications in pediatric chiropractic. The clinic, situated in Sunset Hills, Missouri, applies neurologically based techniques for various age groups. This addition aligns with the practice's focus on family-oriented care.

Care at Fishel Chiropractic starts with consultations and examinations to detect nervous system interferences. Adjustments are customized to individual needs. For children, emphasis is placed on developmental support. The FOCUS program integration provides targeted strategies for neurodevelopmental issues.

"Completing the FOCUS Certification offers a structured way to evaluate brain-body interactions in children," said Dr. Danielle Fishel, doctor of chiropractic at Fishel Chiropractic. "This method, based on developmental hierarchies, may assist in addressing functional challenges."

The clinic extends services to expectant mothers with prenatal adjustments and to postpartum individuals with lactation guidance. Dr. Fishel possesses certifications including the Webster Technique, prenatal training from the International Chiropractic Pediatric Association, cranial sacral technique, and credentials from the Academy Council of Chiropractic Pediatrics. She serves as an international board-certified lactation consultant.

For adults, the practice manages pain and stress using techniques such as diversified, Thompson, and Activator methods, along with physiotherapy options. Acupuncture complements these services.

The team includes Dr. Isabelle, an intern advancing toward her doctor of chiropractic degree and pursuing International Chiropractic Pediatric Association certification, and Julia Koenig, who coordinates patient care.

"This certification facilitates the application of developmental-focused methods," added Dr. Danielle Fishel.

Established in 2018, Fishel Chiropractic serves the greater St. Louis area, including Crestwood, Kirkwood, and Webster Groves. The clinic accepts patients across life stages without referrals. It adopts a philosophy connecting brain, body, and environment. Techniques remain gentle for all ages.

Dr. Fishel's background stems from family involvement in chiropractic. She obtained her doctor of chiropractic from Logan University following a bachelor's in exercise science from Missouri Baptist University. The clinic combines traditional and contemporary approaches to health concerns.

Patients gain education on conditions and treatments, encouraging active involvement. The setting prioritizes attentiveness.

Fishel Chiropractic adapts to field advancements, providing chiropractic options. The FOCUS program addition advances pediatric capabilities, supporting family services.

The clinic upholds training standards among staff for managing conditions non-invasively.

Community engagement reflects local ties. The team promotes preventive measures through routine assessments.

Fishel Chiropractic functions as a chiropractic resource, combining knowledge and care for patient health.
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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.

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