



Foster Chiropractic in Flower Mound, TX, Highlights Expertise of Karl L. Foster, D.C.

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Foster Chiropractic highlights the professional background and contributions of its founder, Karl L. Foster, D.C., who has provided chiropractic care for over three decades. This emphasis reflects the clinic's approach to addressing musculoskeletal conditions through non-medication methods.

Karl L. Foster, D.C., was born in Artesia, New Mexico, and completed his education at Parker College of Chiropractic in Dallas, Texas. He earned a Doctor of Chiropractic degree and a Bachelor of Science in Anatomy from the institution. He also obtained a Certification in Meridian Therapy, which involves acupuncture techniques, and a Certificate of Proficiency in the Diagnosis, Treatment, and Rehabilitation of Carpal Tunnel Syndrome and other cumulative trauma disorders.

Dr. Foster entered practice in 1991 and has since accumulated more than 35 years of experience in performing adjustments on patients. His work has involved treating conditions such as upper back pain, back pain during pregnancy, lower back pain, and pain in extremities and other musculoskeletal regions.

Chiropractic adjustments at the clinic aim to relieve pain, prevent further injuries, and in certain instances, slow or reverse the progression of specific conditions without the use of pharmaceuticals.

Research supports the use of chiropractic care for various forms of back pain. A meta-analysis published in the BMJ examined 47 randomized controlled trials and found that spinal manipulative therapy produces similar effects to recommended therapies for chronic low back pain and appears better than non-recommended interventions for short-term improvement in function. Another study in Spine updated a Cochrane Review, concluding that spinal manipulative therapy is effective for acute low back pain, providing improved pain relief and function compared to other interventions. Additionally, a clinical trial in JAMA Network Open indicated that adding chiropractic care to usual medical care for low back pain results in greater pain relief and reduced disability among U.S. service members.

Dr. Foster has received several recognitions for his work in chiropractic care. These include being named Best Chiropractor in Denton County by The News Connection from 2007 to 2010 and in 2012, 2013, and 2014. In 2010, he received the Best Chiropractor award in the Reader's Choice by the Flower Mound/Lewisville Star Newspaper, and in 2013, Living Magazine voted him Best Chiropractor in Flower Mound. He was featured in the Sports Illustrated America's Team edition on December 12, 1994, for adjusting members of the Dallas Cowboys.

As a member of the Flower Mound Chamber of Commerce and the Flower Mound Rotary, Dr. Foster participates in community activities. These involvements connect him to local networks and support broader initiatives outside of his clinical duties.

Mason Foster, D.C., graduated from Parker University with a Doctorate of Chiropractic in 2020 and joined the practice. He analyzes and corrects root causes of musculoskeletal pain to aid patient health. His methods align with the clinic's focus on understanding individual patient conditions to support recovery.

"Foster Chiropractic employs precise adjustments to target underlying structural issues," said Karl L. Foster, D.C., founder of Foster Chiropractic. "This approach has assisted patients in managing pain through non-invasive means over the years."

Foster Chiropractic, a chiropractic practice in Flower Mound, TX, offers treatments for diverse patient groups, including those with work-related injuries or effects from auto accidents. The care involves manual techniques to restore alignment and function in the spine and joints, which can improve nerve activity, decrease inflammation, and encourage natural healing processes.

Studies have shown that chiropractic interventions can lead to measurable outcomes. For instance, a randomized double-blind clinical trial published in The Spine Journal found that active chiropractic

manipulations provide more pain relief than simulated manipulations for acute back pain and sciatica with disc protrusion. Another pragmatic randomized comparative effectiveness study in *Annals of Internal Medicine* reported that adding chiropractic manipulative therapy to standard medical care improves outcomes for acute low back pain.

The clinic incorporates meridian therapy, drawing on Dr. Foster's certification, to integrate acupuncture principles with chiropractic methods. This combination provides options for pain management that blend Eastern and Western practices.

For cumulative trauma disorders such as carpal tunnel syndrome, the practice uses diagnostic, treatment, and rehabilitation protocols based on Dr. Foster's specialized proficiency. These address repetitive strain injuries often seen in workplace environments.

Patient education forms part of the clinic's services, offering guidance on spinal health maintenance through posture, ergonomics, and daily habits. This information helps individuals adopt measures to reduce the likelihood of issue recurrence.

"Foster Chiropractic adapts established techniques to meet specific patient needs," said Mason Foster, D.C., chiropractor at Foster Chiropractic. "This ensures that treatments remain applicable across different cases."

Chiropractic adjustments at the clinic can affect overall body function by optimizing nervous system performance, potentially benefiting conditions beyond direct musculoskeletal concerns.

Dr. Foster's extended practice experience has allowed observation of patient trends, including those related to sedentary behaviors or technology usage. This informs customized care that accounts for contemporary factors influencing pain.

The awards Dr. Foster has earned indicate community acknowledgment of his contributions to chiropractic care.

Professional development keeps Dr. Foster informed of advancements in chiropractic techniques, incorporating evidence-based practices alongside standard adjustments.

The involvement of Mason Foster, D.C., continues the practice's traditions while introducing updated viewpoints.

Reports from patients describe outcomes such as enhanced mobility after addressing chronic back conditions or relief from pregnancy-related discomfort through adapted techniques.

The clinic maintains a schedule to accommodate patient visits, supporting regular care that contributes to long-term results.

Foster Chiropractic's attention to Dr. Karl L. Foster's background demonstrates a basis in education, experience, and community engagement. This provides context for the clinic's role in offering chiropractic services.

Foster Chiropractic functions as a family practice specializing in adjustments for pain relief and wellness. It assists patients with non-invasive treatments for issues involving the back, neck, and extremities, based on accumulated knowledge in the field.

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For more information about Foster Chiropractic, contact the company here: Foster Chiropractic Karl L Foster, D.C. (972) 724-4357 foster@fosterchiropractic.net 2921 Long Prairie Rd, Flower Mound, TX 75022

Foster Chiropractic

Karl Foster, D.C. has over 30 years of experience adjusting patients. With our chiropractic adjustments, we commonly treat a wide variety of conditions.

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