

Backcountry Chiropractic in Frisco, CO, Highlights Founder Dr. Danny Otis's Rare Diplomate in Philosophical Chiropractic Standards (DPhCS)

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Backcountry Chiropractic, a chiropractric practice in Frisco, CO, highlights the qualifications of its founder, Dr. Danny Otis, DC, LCP, DPhCS, who holds a Diplomate in Philosophical Chiropractic Standards. This distinction is held by approximately 300 chiropractors worldwide and involves over 300 hours of postgraduate study. The qualification reflects advanced understanding of chiropractic principles and informs the practice's approach to care focused on the nervous system.

Dr. Otis grew up in St. Paul, Minnesota, where personal health issues during childhood led him to explore various treatment options. After finding limited success with conventional methods, he received neurologically focused chiropractic adjustments that addressed underlying factors. This experience influenced his view of health, emphasizing the body's capacity for self-regulation. Dr. Otis then pursued education in the field.

He completed an undergraduate degree from the University of Wisconsin?Eau Claire, majoring in

Kinesiology: Movement Studies and Psychology: Human Behavior. He later earned a Doctor of Chiropractic degree from Life Chiropractic College West, graduating with Clinical Honors. Following this, Dr. Otis undertook a three-year postgraduate program to obtain the Diplomate in Philosophical Chiropractic Standards, administered by the International Chiropractors Association Council on Chiropractic Philosophy.

At Backcountry Chiropractic, care involves assessing the spine's relationship with the nervous system. The practice addresses conditions such as back pain, neck pain, headaches, sciatica, and injuries, along with concerns related to sleep, digestion, and stress. Initial visits include a 30-minute review of health history and examination, leading to individualized plans. The focus remains on supporting long-term function.

Studies suggest that chiropractic adjustments may influence central neural function, potentially leading to changes in somatosensory processing and motor control. Research also indicates potential effects on pain modulation and autonomic nervous system regulation, though evidence varies in quality. Additional investigations point to possible influences on immune markers and brain connectivity related to pain processing, with some studies showing changes in biomarkers like BDNF and IL-6. These findings align with the practice's emphasis on nervous system interactions, though results are not uniform across all research.

The practice provides services for various age groups. For those in preconception and pregnancy stages, adjustments aim to support structural alignment that may contribute to overall well-being. Pediatric care focuses on neuro-developmental adaptations and growth-related factors, with patient reports of assistance in areas like ear infections, bed-wetting, sleep, digestion, and focus. For teenagers, the approach considers sports activities, posture from device usage, and growth changes, potentially aiding performance, sleep, and digestion based on individual experiences.

Adult services target common issues including back pain, headaches, sciatica, energy levels, and sleep quality, while supporting adaptability. For seniors, care emphasizes balance, mobility, sleep, and cognitive function to maintain activity. Backcountry Chiropractic does not process insurance directly but allows patients to submit claims for possible reimbursement and accepts health savings or flexible spending accounts. This model supports attention to underlying factors without insurance-driven limitations.

Dr. Otis's perspective centers on the body's natural regulatory mechanisms, independent of primary reliance on medications or surgery. Assessments identify contributing elements, with care plans tailored to individual circumstances and explanations provided at each step. Dr. Otis participates in activities like running, golfing, snowboarding, hockey, surfing, and hunting, which align with the practice's support for active lifestyles.

"Chiropractic adjustments may facilitate the body's inherent regulatory processes," said Dr. Danny Otis, founder and chiropractor at Backcountry Chiropractic. "Through targeted interventions, individuals may observe shifts in function that extend past immediate concerns."

Dr. Alex Paul, DC, PAK, co-founder and chiropractor at the practice, developed an interest in chiropractic following high school injuries. Care provided a comprehensive perspective, leading to improvements that motivated her professional path. She holds a Doctor of Chiropractic from Life Chiropractic College West, where she excelled academically, and an undergraduate degree in Integrative Physiology and Neuroscience from the University of Colorado Boulder. She is certified in Applied Kinesiology and has background in nutrition, lab analysis, and herbal approaches.

Before founding Backcountry Chiropractic, Dr. Paul worked with school districts in Wisconsin, supporting students, staff, and athletes in performance and injury prevention. Her interests include skiing, hiking, surfing, and golfing, consistent with the practice's active orientation.

"The spine's alignment may affect nervous system communication," said Dr. Alex Paul, founder and chiropractor at Backcountry Chiropractic. "Adjustments could help in fostering adaptability and engagement in daily activities."

Backcountry Chiropractic maintains a community-focused environment with transparent discussions. Guidance centers on health objectives, integrating physical and mental aspects. The practice prioritizes sustained strategies over temporary measures.

Chiropractic principles view the body as an integrated system, with the Diplomate in Philosophical Chiropractic Standards enhancing this framework through advanced education. Some research suggests spinal manipulation can trigger neural responses, potentially improving proprioception and communication, though further studies are needed.

In line with health trends, neurologically focused chiropractic responds to interest in preventive measures. Literature highlights potential for adjustments to affect nervous system function, contributing to mobility and pain management, with varying levels of evidence.

Situated in Frisco, CO, the practice serves a community involved in outdoor pursuits, where physical maintenance holds importance. Dr. Otis's progression from recipient to provider illustrates the field's applications.

Backcountry Chiropractic offers nervous system-oriented chiropractic services to people of all ages. Founded by Dr. Danny Otis and Dr. Alex Paul, the practice provides individualized care aimed at supporting body function and movement through adjustments.

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Backcountry Chiropractic

Backcountry Chiropractic provides nervous system?based chiropractic care for all ages in Frisco, CO and beyond.

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