



Live Well Chiropractic Highlights Suzanne Marisic, Massage Therapist in Bedford County, PA

March 13, 2026

NEW PARIS, PA - March 13, 2026 - PRESSADVANTAGE -

Live Well Chiropractic draws attention to Suzanne Marisic, who serves as a Massage Therapist in Bedford County, PA. This focus centers on her role within the practice and her professional background in massage therapy. Marisic contributes to the team's efforts in providing complementary care alongside chiropractic services.

Marisic was born and raised in Bedford County. She has two grown children, Ben and Morgan. She enjoys spending time with family and friends, being outdoors, and planning future adventures. Her path to massage therapy began with training at the Pittsburgh School of Massage Therapy, where she completed studies in several modalities.

The training included Swedish massage, neuromuscular therapy, myofascial release, and salt stone massage. Additional courses covered aromatherapy, hydrotherapy, reflexology, and sports massage. During her studies in sports massage, she had the opportunity to work with the Steelers during their training camp.

This experience formed part of her preparation for professional practice.

Marisic holds the view that massage therapy represents one of many paths to health. Her approach involves creating a safe and judgment-free environment to support health mentally, physically, and spiritually. She tailors each session to meet specific needs with the goal of achieving suitable results.

The practice incorporates massage therapy as part of its offerings. Services include Swedish massage, salt stone massage, and reflexology. These techniques are provided in conjunction with chiropractic adjustments, nutritional counseling, and other services. The integration allows for a coordinated approach to care within the same location.

General research on massage therapy provides context for its use. For instance, a review by the National Center for Complementary and Integrative Health found that massage therapy was helpful for chronic low-back pain, based on an evaluation of 20 studies comparing it to usual care or other interventions. A study published in *Complementary Therapies in Clinical Practice* showed a reduction in hand pain and an improvement in grip strength among participants who received four weekly hand massage sessions and performed self-massage at home. Another review of 12 studies involving 757 participants indicated that massage was more helpful for neck and shoulder pain than inactive therapies. A systematic review in *Pain Medicine*, analyzing 67 studies, concluded that massage therapy, compared to no treatment, is recommended as a pain management option. These findings relate to massage therapy in general and not specifically to treatments at Live Well Chiropractic.

"Massage therapy is one of many paths to health," said Suzanne Marisic, Massage Therapist at Live Well Chiropractic. "Sessions are designed to create a safe environment that supports health in multiple ways."

Supporting the overall care model is Dr. Kris Arnold, who founded the practice in 2000 after graduating from Parker College of Chiropractic. The practice has operated for more than 25 years and has served over 1,000 patients. It accepts major insurance providers, including UPMC, Blue Cross Blue Shield, United Healthcare, and Medicare.

The team at the practice includes additional members with defined roles. Dr. Jason Stephens serves as Pediatric and Family Health Director and graduated from New York Chiropractic College in 2006. Dr. Randy Tabita is Wellness Director and graduated from Life University in 2007. Dr. Conner Buttry is Family and Sports Chiropractor and graduated from Northeast College of Health Sciences in 2024.

Massage services complement the work of these doctors. Other team members include Kristy DeHaven, who also provides therapeutic modalities and brings more than 23 years of experience. Ashley Conn serves as Functional Health Coach and draws from more than 16 years in skin health. Erin Dennis manages

regenerative therapies as Wellness Center Manager.

The practice employs instrument-assisted adjustments to address nervous system function. Computer scans are used to identify areas of stress. Nutrition therapy addresses conditions such as digestive disorders, thyroid imbalances, diabetes, and hormonal issues. Regenerative options, including S-Wave and PEMF treatments, are available as well.

Thermography scans provide additional non-invasive information. The combination of services allows the practice to respond to a range of patient needs. Care extends to pediatric patients and expectant mothers. Common areas addressed include colic, ear infections, neck pain, sciatica, headaches, and plantar fasciitis.

"Integrating massage therapy with chiropractic and other services allows the practice to offer coordinated care," said Dr. Kris Arnold, Owner and Clinic Director of Live Well Chiropractic. "This approach supports the team's efforts to address health needs through multiple methods."

The location in Bedford County provides local access to these services. Marisic's background as a native of the area connects her work directly to the community served by the practice. Her training and experience contribute to the range of techniques available to patients.

Sessions are customized based on individual requirements. The modalities studied by Marisic allow flexibility in addressing physical tension through methods such as Swedish massage for relaxation or salt stone massage for comfort. Reflexology focuses on specific points, while sports massage techniques draw from her prior exposure to athletic settings.

The practice maintains a patient-centered model. Education forms part of the process, with information provided on lifestyle choices. This aligns with the philosophy shared across the team. The environment emphasizes compassion and treats individuals with familiarity.

Over the years of operation, the practice has developed its scope to include massage therapy alongside core chiropractic services. Marisic's contributions fit within this structure. Her sessions support the broader goal of health maintenance.

The acceptance of insurance plans helps facilitate access for residents in the region. The team works together to coordinate care when multiple services are involved. This structure enables patients to receive various therapies in one setting.

Marisic continues to apply her training in daily practice. The combination of her educational background and personal philosophy informs her interactions. The practice as a whole operates with a focus on methods for

health support.

Live Well Chiropractic combines chiropractic expertise with massage, nutrition, and regenerative therapies. Founded by Dr. Kris Arnold, the practice uses a coordinated model to serve the community. It provides options for addressing health through established techniques and team collaboration.

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Live Well Chiropractic

Live Well Chiropractic provides total natural care through gentle chiropractic, massage therapy, nutritional counseling, regenerative therapies, healthy weight loss, and more.

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