

Wave Chiropractic in Bradenton, FL Profiles Dr. Mary Carleton's Expertise in Pediatric and Prenatal Chiropractic Care

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Wave Chiropractic recognizes the contributions of Dr. Mary Carleton, who brings over two decades of experience in chiropractic care, with a focus on pediatric and prenatal patients. Her background includes graduation from Logan College of Chiropractic and certification through the International Chiropractic Pediatric Association. This specialization supports the practice's emphasis on family health through non-invasive spinal adjustments.

Dr. Mary Carleton's professional journey centers on providing care for children and expectant mothers using holistic methods. She employs low-force and manual adjusting techniques, along with instrument adjusting, to address individual needs. Her approach involves patient education to facilitate informed decisions and proactive wellness strategies. This method fosters collaboration between practitioners and families.

As a chiropractor in Bradenton, FL, Dr. Mary Carleton addresses conditions commonly seen in pediatric

patients, such as colic, ear infections, asthma, reflux, allergies, constipation, sleep disturbances, sensory processing issues, and developmental delays. For prenatal care, her techniques aim to support musculoskeletal health during pregnancy. The practice also handles special needs cases, including support for autism spectrum disorders and attention deficit hyperactivity disorder.

Research on chiropractic care for pediatric and prenatal patients indicates supportive findings. A 2019 review of 50 pediatric manual therapy studies including chiropractic concluded effectiveness for lower back pain.

A narrative review summarized literature indicating that chiropractic evaluation and treatment during pregnancy can help address common musculoskeletal symptoms. Another systematic review found associations with improved outcomes for pregnancy-related low back pain. Studies report clinically relevant improvements in pregnant patients with low back pain undergoing chiropractic treatment.

Dr. Mary Carleton's certification underscores her training in pediatric care standards. The International Chiropractic Pediatric Association provides education on techniques suited for young patients. Her work aligns with the practice's use of state-of-the-art tools, including Arthrostim adjusting and Webster In-Utero Constraint Technique for prenatal constraints.

The practice offers additional services such as sports and athlete care, auto injury recovery, wellness programs, spinal decompression, X-ray imaging, intersegmental traction therapy, flexion-distraction, and electrotherapy. These methods address symptoms like back pain, neck pain, headaches, sciatica, joint issues, and more across age groups.

Dr. Mary Carleton, chiropractor at Wave Chiropractic, discussed her philosophy. "Chiropractic care for pediatric and prenatal patients involves gentle techniques to support natural development and musculoskeletal health," said Dr. Mary Carleton. "Education plays a key role in empowering families to make informed choices about wellness."

Dr. John Carleton, chiropractor at Wave Chiropractic, added context on the family-oriented approach. "Specialized care in pediatrics helps address early spinal issues, drawing from extensive training and experience," said Dr. John Carleton. "Ongoing education ensures techniques remain aligned with current knowledge."

Wave Chiropractic serves the community with a focus on natural healing methods.Patient feedback indicates experiences of thorough examinations and family-inclusive care. The team includes office manager Kerrie, who contributes to a welcoming environment. "The team's focus on patient education helps families understand the role of spinal health in overall wellness", said Kerrie.

The practice provides resources for patient education, including a spine simulator that allows users to explore different sections of the spine. This interactive tool covers the cervical, thoracic, lumbar, sacrum, and coccyx areas, explaining nerve roots and associated conditions. Patients can click on each section to learn about its impact on body functions.

Additionally, Wave Chiropractic offers a collection of chiropractic videos covering topics such as adjustment techniques, the effects of adjustments on the body, explanations of subluxation, stress, vertigo types, and spinal health. These videos serve as educational materials to inform patients about chiropractic principles and specific health concerns.

Wave Chiropractic operates as a community-based clinic dedicated to optimal health through chiropractic methods. The facility provides care for individuals and families, addressing a spectrum of conditions with evidence-based techniques where available.

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Wave Chiropractic

Dr. John Carleton is a seasoned chiropractor with over two decades of experience dedicated to empowering individuals to achieve optimal health and wellness.

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