



## **Active Chiropractic in Raleigh, NC Highlights Dr. Molly Hall's Chiropractic Experience**

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Active Chiropractic centers its services on the expertise of Dr. Molly Hall, a chiropractor with nearly two decades of experience who serves as the owner of the practice. Dr. Hall's approach integrates spinal adjustments with soft tissue therapies to address musculoskeletal conditions through natural methods. Her background includes personal experience with chiropractic care that resolved severe headaches during her teenage years, which shaped her dedication to patient education and holistic healing.

Dr. Molly Hall graduated cum laude from Logan College of Chiropractic in St. Louis, Missouri, in spring 2005. During her chiropractic education, she completed an internship at the Musculoskeletal Pain in Pregnancy Clinic at Barnes-Jewish Hospital. She holds certifications as an Active Release Technique provider and a Neurokinetic Therapy provider. These qualifications support her focus on treating chronic soft tissue injuries, including headaches, sciatica, low back pain, tennis elbow, golfer's elbow, carpal tunnel syndrome, and joint dysfunctions. Dr. Hall also specializes in prenatal chiropractic care and prescribes targeted rehabilitative exercises as part of customized care plans.

The practice offers chiropractic care in Raleigh, NC, where adjustments employ techniques such as diversified, drop table, and flexion-distraction methods to correct spinal misalignments and support nervous system function. Evidence-based spinal manipulation has been studied for its role in managing acute, subacute, and chronic low back pain. Systematic reviews indicate that nonpharmacologic options, including spinal manipulation, can contribute to pain reduction and improved function in appropriate cases. Dr. Hall combines these adjustments with Active Release Technique for soft tissue rehabilitation and Neurokinetic Therapy to address movement dysfunctions, aiming to restore mobility and reduce pain from sources such as disc issues, sports injuries, motor vehicle accidents, and work-related strains.

Active Chiropractic maintains a multidisciplinary team to complement chiropractic services. Dr. Matthew Murphy, who practiced for 10 years in Napa Valley, California, before relocating to Raleigh, treats spine, hips, shoulders, and extremities using myofascial release, Graston Technique, and physiotherapy modalities. Dr. Ahni Ruzsa, a 2025 graduate of Northwestern Health Sciences University and former collegiate track athlete, emphasizes rehabilitation and movement-based care with training in Dynamic Neuromuscular Stabilization, FAKTR, Dry Needling, and McKenzie methods. She works with patients across all life stages, including newborns, athletes, and individuals focused on women's health.

Massage therapy at the practice incorporates Swedish, deep tissue, trigger point, lymphatic, craniosacral, and Reiki modalities provided by licensed therapists. These sessions aim to support circulation and relaxation as adjuncts to chiropractic care. Dry needling targets muscle trigger points to relieve tension and improve mobility. Softwave therapy applies shockwave technology to stimulate cellular repair and enhance blood flow. Neuropathy treatments, directed by registered nurse Gigi Dube-Clark with over 28 years of emergency care experience, follow multi-disciplinary protocols. Red light therapy, lifestyle education on nutrition and ergonomics, and acupuncture provide additional options within the holistic framework.

Dr. Molly Hall, chiropractor and owner of Active Chiropractic, described her commitment to patient care. "The body has an amazing ability to heal when given the right support, and I strive to be that support for each patient," said Dr. Hall. "Witnessing individuals regain mobility, reduce pain, and reclaim their quality of life remains the most rewarding aspect of this work."

Dr. Ahni Ruzsa, chiropractor at Active Chiropractic, added perspective on the team's collaborative approach. "True health builds through education, movement, and consistency, and our focus remains on creating individualized plans that support both immediate relief and long-term vitality," said Dr. Ruzsa.

The practice philosophy prioritizes addressing root causes rather than isolated symptoms. Patient education forms a core element, empowering individuals with knowledge about their bodies and health options. This includes guidance on ergonomics, exercise, and nutrition to prevent future issues and maintain balance. The

team operates with values of compassion, integrity, and integration of care across disciplines, ensuring that patients receive coordinated support for mind, body, and overall wellness.

Administrative staff, including practice manager Emma Bowman with a bachelor's degree in communication from NC State University and administrative assistant Rosanna King with over seven years in the chiropractic field, contribute to efficient operations. Massage therapists such as Lindsay Dusseau, with nearly 17 years of experience and certifications in Reiki and craniosacral therapy, Allie Farmer with nearly two decades specializing in chronic pain and athletic recovery, Susan Rotman focusing on pregnancy and postpartum care, Joshua Larimar blending myofascial release with Reiki, and Lydia Smith incorporating Graston Technique for fascial work enhance the non-chiropractic offerings.

Active Chiropractic has served the Raleigh community for years as a multidisciplinary center located in North Hills. Dr. Molly Hall established the practice following her 2005 graduation, initially operating in a local gym before expanding into a dedicated facility. The evolution reflects a consistent dedication to natural, non-invasive interventions that combine chiropractic principles with complementary therapies. The mission centers on compassionate care that improves health, prevents issues, and restores body balance through safe methods tailored to each individual.

This structure allows the practice to address a range of neuromusculoskeletal concerns while emphasizing prevention and patient empowerment. By maintaining a focus on evidence-informed techniques alongside holistic elements, Active Chiropractic continues to support residents seeking comprehensive wellness options in the area. The team's collective expertise, led by Dr. Hall's longstanding experience, underpins the delivery of coordinated care plans designed for sustainable outcomes.

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For more information about Active Chiropractic, contact the company here: Active Chiropractic Molly Hall 919-832-3365 info@activechiroraleigh.com 3410 Six Forks Rd, Raleigh, NC 27609

## **Active Chiropractic**

*Founded in 2005 by Dr. Molly Hall, a passionate chiropractor and health advocate, we are proud to be a holistic healthcare provider located in the heart of Raleigh, North Carolina.*

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