

Awaken Chiropractic in Gainesville, FL Highlights Dr. Sarah Hull

April 01, 2026

GAINESVILLE, FL - April 01, 2026 -

Awaken Chiropractic operates as a chiropractic practice in Gainesville, Florida, dedicated to providing chiropractic care and tools to improve overall health and wellness for a lifetime. The practice maintains a focus on improving the health and wellness of the entire community through science-backed, ethical, and principled methods. Central to this effort is the team?s emphasis on neurologically based chiropractic care, which includes safe and effective spinal re-alignments designed to benefit individuals across all age groups from infants to seniors. The providers at Awaken Chiropractic work to support nervous system function and help community members engage proactively with their wellness.

The practice is proud to highlight the background and contributions of Dr. Sarah Hull, a chiropractor whose professional path aligns closely with the team?s mission. Dr. Sarah Hull graduated from Palmer College of Chiropractic in Port Orange, Florida. Following her graduation, she returned to her hometown of Syracuse, New York, where she began her career in a family-focused practice that specialized in pediatric and maternal care. During this period, she obtained certification in the Webster Technique through the International Chiropractic Pediatric Association, which expanded her capabilities in supporting expectant mothers during pregnancy. Dr. Sarah Hull subsequently relocated to Indiana, where her husband is from, and practiced for

more than five years in similar family-oriented settings before moving back to Florida.

Dr. Sarah Hull?s return to the sunshine state includes raising her daughter, Maybelle, in Gainesville. Her personal experience with an all-natural birth serves as an example of the role chiropractic care can play in pregnancy and delivery outcomes from her individual perspective. This background informs her approach to patient care at Awaken Chiropractic, where she contributes to the delivery of natural, specific, and neurologically based chiropractic adjustments. Her training and experiences in pediatric and maternal health add depth to the team?s capacity to serve families throughout various life stages.

The founding doctors, Dr. Shane Semegon and Dr. Brittany Semegon, established Awaken Chiropractic to bring principled chiropractic care to the local area. Both are University of Florida graduates who also completed their doctorates at Palmer College of Chiropractic. Their own family legacies and clinical experiences in pediatric and maternal settings provided the foundation for the practice. Dr. Sarah Hull?s integration into the team reflects a shared commitment to these principles, as the group collaborates to deliver consistent care rooted in neurological focus.

Dr. Sarah Hull discussed her professional motivations. "My time in family practices specializing in pediatric and maternal care, combined with my certification in the Webster Technique, has shaped how I approach supporting individuals and families," said Dr. Sarah Hull, chiropractor at Awaken Chiropractic. "Being back in Gainesville allows me to apply this focus while raising my own daughter in the community we serve."

Dr. Shane Semegon addressed the value of team collaboration. "Dr. Sarah Hull?s experiences in pediatric and maternal care align with the practice?s overall goals of providing neurologically based adjustments for all ages," said Dr. Shane Semegon, chiropractor at Awaken Chiropractic. "Her background strengthens our ability to address community wellness needs in a consistent manner."

Dr. Brittany Semegon offered additional context on the team dynamic. "The shared training from Palmer College and dedication to ethical care create a unified approach that benefits our patients in Gainesville," said Dr. Brittany Semegon, chiropractor at Awaken Chiropractic.

The practice philosophy centers on ethical and principled methods that aim to alleviate pain, manage disease processes, and encourage proactive wellness strategies. Spinal re-alignments form the primary service, with the goal of optimizing nervous system communication. This method supports the body?s natural functions without reliance on invasive interventions, consistent with the education received by all team members at an accredited chiropractic institution.

Dr. Sarah Hull?s career progression includes initial work in Syracuse that built foundational skills in family care. Her subsequent years in Indiana allowed further refinement of techniques tailored to children and expectant mothers. The Webster Technique certification, earned early in her professional journey, remains a key qualification that enhances her contributions at Awaken Chiropractic. These elements demonstrate a deliberate path toward specialization in areas that complement the practice?s community-oriented focus.

Community involvement remains a priority for the entire team, including Dr. Sarah Hull. Her decision to raise her family in Gainesville and serve local residents underscores the practice?s emphasis on regional impact. The providers dedicate time to educational resources that explain the potential benefits of chiropractic adjustments in supporting overall function. These materials cover general wellness topics without promising specific outcomes for individual conditions.

The team at Awaken Chiropractic includes additional support staff who contribute to daily operations and patient experiences. This collaborative structure ensures that each visit aligns with the established philosophy of science-backed care. Dr. Sarah Hull?s presence adds to the depth of expertise available, particularly in pediatric and maternal contexts, allowing the practice to maintain continuity in its service model.

Awaken Chiropractic continues to evolve based on the collective experiences of its providers. Dr. Sarah Hull?s transition back to Florida after years in other states brings fresh perspectives while reinforcing established methods. Her personal story with pregnancy and birth outcomes, drawn from her own circumstances, illustrates one way chiropractic care can intersect with family health decisions.

The practice operates with a patient-centered environment that prioritizes clear communication and individualized adjustment plans. This approach stems directly from the training all doctors received and the principles they uphold. As part of the Gainesville community, the team at Awaken Chiropractic works to provide tools that support long-term wellness management alongside spinal care.

Dr. Sarah Hull?s role exemplifies the practice?s dedication to serving diverse age groups through consistent, neurologically focused methods. Her certification and prior clinical work in specialized family settings contribute to the team?s ability to meet varied needs within the local population. This focus on pediatric and maternal care integrates seamlessly with the broader mission to enhance community health outcomes over time.

In summary, the inclusion of Dr. Sarah Hull?s expertise reflects the ongoing commitment of Awaken Chiropractic to principled chiropractic delivery. Her background from Palmer College, combined with practical experience in multiple states, supports the practice?s goals without deviation from established standards. The team remains oriented toward providing adjustments that aid nervous system performance for residents of all ages.

Awaken Chiropractic is a chiropractic practice in Gainesville, Florida, that provides spinal re-alignments and wellness education aimed at supporting health across the lifespan. Founded by Dr. Shane Semegon and Dr. Brittany Semegon, the practice employs a neurologically based approach informed by accredited training and community ties. The team, which includes Dr. Sarah Hull, serves the area with a focus on ethical and science-informed care.

###

For more information about Awaken Chiropractic, contact the company here:Awaken ChiropracticDr. Shane Semegon(352) 558-3032nfo@awakenmyhealth.com2321 NW 41 St B, Gainesville, FL 32606

Awaken Chiropractic

Our team of experienced chiropractic care professionals in Gainesville, FL are here to make sure that you have the best experience possible. To

Website: https://awakenmyhealth.com

Email: nfo@awakenmyhealth.com

Phone: (352) 558-3032