

# Wave Chiropractic Highlights Dr. John Carleton's Expertise as Chiropractor in Bradenton, FL

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BRADENTON, FL - April 15, 2026 -
Wave Chiropractic recognizes the professional background of Dr. John Carleton, a chiropractor in Bradenton, FL, with more than two decades of experience in chiropractic care. A graduate of Logan College of Chiropractic, Dr. Carleton developed his interest in the field after receiving care for a high school football injury that aided his recovery and restored mobility.

Before entering chiropractic practice, Dr. Carleton worked as an emergency medical technician and in a physical therapy clinic. These roles contributed to his understanding of patient care and rehabilitation processes. He holds expertise in Chiropractic Biophysics and Active Release Technique and maintains a commitment to continuing education and advanced certifications.

Dr. John Carleton focuses on pediatric chiropractic care as part of the services offered at the practice. This includes attention to spinal alignment in children. The clinic provides care for various age groups and incorporates techniques such as low-force adjustments, Arthrostim instrument adjusting, spinal

decompression, flexion-distraction, intersegmental traction therapy, and electrotherapy.

Additional services at Wave Chiropractic include prenatal chiropractic, sports and athlete care, auto injury care, and wellness programs. The practice addresses conditions including back pain, neck pain, headaches, sciatica, and other musculoskeletal concerns. Techniques also encompass the Webster In-Utero Constraint Technique and X-ray imaging when appropriate.

Dr. John Carleton, chiropractor at Wave Chiropractic, described elements of his approach. "Chiropractic care involves spinal alignment to support body function," said Dr. John Carleton. "Patient education is an important part of helping individuals understand nervous system considerations."

Dr. Mary Carleton, chiropractor at Wave Chiropractic, addressed the team dynamic. "The collaborative setting allows the practice to deliver care for families across different life stages," said Dr. Mary Carleton.

A 2024 review in Clinical Pediatrics examined chiropractic care in children and noted techniques for pediatric patients as gentle and low-force. The review highlighted the common application of these supportive approaches in pediatric populations and their contribution to potential positive wellness outcomes.

Patient education forms a component of the services at Wave Chiropractic. The practice provides a spine education resource that covers the cervical, thoracic, lumbar, sacral, and coccyx regions. This tool details nerve root connections and related body functions, allowing patients to review anatomical information interactively.

The clinic also maintains a collection of chiropractic videos. These materials address adjustment techniques, spinal health principles, and related topics to support patient understanding. Additional resources include frequently asked questions and blog content focused on general chiropractic information.

Dr. John Carleton enjoys spending time with his family and values the beach environment in the Bradenton area. This personal connection supports the practice's community orientation. He and Dr. Mary Carleton have raised three children, incorporating health-focused values in their family life.

The practice philosophy centers on non-invasive methods aimed at spinal health. Wave Chiropractic operates as a community-based clinic that serves individuals and families with personalized care plans. Services are tailored based on patient assessments and utilize established chiropractic techniques.

Dr. Carleton's background includes raising a family while maintaining the practice, which has informed the family-oriented focus. Both doctors graduated from the same institution and share a dedication to ongoing professional development. The team includes support staff that contributes to clinic operations and patient

experience.

Wave Chiropractic addresses a range of patient needs through its listed services and techniques. The clinic records patient history and performs examinations prior to care. Educational materials are made available to supplement in-office discussions and help with general knowledge of spinal topics.

Dr. John Carleton's early experience with chiropractic care following injury influenced his career path. His prior work in emergency medical services and physical therapy provided additional perspective on patient management. These elements contribute to the comprehensive approach observed in the practice.

Wave Chiropractic provides care in a setting designed for comfort and accessibility. The facility supports patients seeking options for musculoskeletal concerns through structured chiropractic services. Educational resources remain accessible to reinforce information shared during visits.

The practice continues to serve the Bradenton community with attention to spinal alignment and related health considerations. Dr. John Carleton and the team emphasize informed patient involvement through available materials and direct communication.

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For more information about Wave Chiropractic, contact the company here:Wave ChiropracticDr. John Carleton(941) 242-2732docs@wavechiropracticfl.com5233 4th Ave Cir E, Bradenton, FL 34208

**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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