

Backcountry Chiropractic Provides Back Pain Treatment in Frisco, CO

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Backcountry Chiropractic provides care for individuals experiencing back pain in Frisco, CO as part of its nervous system-focused chiropractic services. The practice offers approaches that assess spinal function and its relationship to the nervous system. Back pain remains one of the most common reasons people seek chiropractic care.

Back pain can affect daily activities, sleep, work, and mobility. At Backcountry Chiropractic, practitioners examine the spine's role in protecting the nervous system, which controls communication between the brain and the rest of the body. When spinal movement is restricted, it can contribute to tension patterns in the neck, mid-back, and low back regions. The practice addresses these areas through individualized assessments rather than generalized protocols.

Dr. Danny Otis, DC, LCP, DPhCS, founder and chiropractor, developed his interest in the field after personal childhood health challenges. Limited results from other methods led him to chiropractic care, which

influenced his career direction. He earned an undergraduate degree from the University of Wisconsin?Eau Claire with double majors in Kinesiology: Movement Studies and Psychology: Human Behavior. He received his Doctor of Chiropractic degree from Life Chiropractic College West, graduating with Clinical Honors. Dr. Otis completed a three-year postgraduate program and holds the Diplomate in Philosophical Chiropractic Standards, held by approximately 300 chiropractors worldwide. This qualification supports advanced understanding of chiropractic principles applied in practice.

Dr. Alex Paul, DC, PAK, co-founder and chiropractor, encountered chiropractic care following high school injuries that affected her physically and emotionally. The experience provided a holistic perspective and motivated her professional path. She holds an undergraduate degree in Integrative Physiology and Neuroscience from the University of Colorado Boulder and a Doctor of Chiropractic degree from Life Chiropractic College West, where she graduated at the top of her class. She is certified in Applied Kinesiology and has prior experience providing care to students, staff, and athletes in Wisconsin school districts, including leadership of a high school athletic program for performance and injury prevention.

Initial visits at Backcountry Chiropractic last approximately 30 minutes to allow for a complete health history review and thorough examination. Follow-up appointments are designed to be efficient. The practice does not accept insurance directly, enabling patients to submit claims for potential reimbursement. Health savings accounts and flexible spending accounts are accepted. This model supports focus on individualized care plans.

Back pain often involves multiple factors, including physical stress from posture, repetitive movements, lifting, or sports activities common in the Frisco area. Emotional and mental stress can also contribute to muscle tension patterns in the neck, shoulders, and low back. The practice assesses these elements in the context of spinal and nervous system function. Neck discomfort frequently relates to prolonged desk work, device use, or stress. Mid-back tension may connect to posture and breathing patterns. Low back concerns often involve load-bearing demands, sitting, or stress-related muscle responses.

Care for back pain integrates with services for other age groups and conditions. For adults, approaches target resilience to daily demands. Pediatric and teen care considers growth, sports, and developmental factors. Pregnancy-related care supports structural alignment. Older adult services address mobility and function for continued activity. The practice serves families seeking to maintain overall function rather than address isolated symptoms.

"Back pain frequently involves both physical and neurological components," said Dr. Danny Otis, founder and chiropractor at Backcountry Chiropractic. "Assessing spinal movement and nervous system communication allows for targeted support that aligns with the body's regulatory processes."

"Many individuals in our community experience back discomfort due to active lifestyles and environmental demands," said Dr. Alex Paul, founder and chiropractor at Backcountry Chiropractic. "Our role is to provide clear information and consistent care that supports function across different life stages."

The Frisco location serves residents and visitors engaged in outdoor recreation, including skiing, hiking, snowboarding, and other seasonal activities. Maintaining spinal mobility contributes to participation in these pursuits. The practice operates with a community-oriented approach, emphasizing transparent communication and patient education. Both founders participate in local activities such as running, golfing, surfing, hiking, and hunting, which provide insight into the physical needs of patients in Summit County.

Chiropractic principles recognize the spine's protective role for the nervous system. Restrictions in spinal motion can influence how the body processes stress and maintains balance. The Diplomate qualification held by Dr. Otis reflects advanced study in philosophical and clinical standards within the profession. This foundation informs the methodical evaluations conducted at the practice.

Back pain affects a significant portion of the population at various points in life. Factors such as prolonged sitting, repetitive motions, previous injuries, and stress responses contribute to its prevalence. In a region like Frisco, where physical activity levels are high, attention to spinal health supports sustained participation in daily and recreational routines. The practice provides information on how spinal assessment fits within broader health management.

Patient visits focus on understanding individual circumstances and goals. Explanations accompany each step of the process to ensure clarity. The environment supports collaborative discussions rather than rushed interactions. Care plans evolve based on progress and changing needs over time.

The nervous system regulates movement, digestion, sleep, and stress responses. Spinal function plays a part in how efficiently these processes occur. By addressing areas of restriction, chiropractic care aims to support the body's inherent capacity for adaptation. This framework applies to back pain as well as related concerns such as headaches, sciatica, posture, and overall mobility.

Backcountry Chiropractic maintains standards consistent with professional chiropractic education and ongoing development. The combination of clinical training and practical experience with active populations informs service delivery. The practice opened in Frisco to meet local demand for this type of care.

Community members seeking information on back pain management can consider the role of spinal and nervous system assessment. The approach at Backcountry Chiropractic emphasizes root factors rather than temporary symptom management alone. This aligns with the practice's focus on long-term function and resilience.

Backcountry Chiropractic offers nervous system-oriented chiropractic services to people of all ages in Frisco, CO. Founded by Dr. Danny Otis and Dr. Alex Paul, the practice applies principles of spinal assessment to support patient function according to individual circumstances.

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Backcountry Chiropractic provides nervous system?based chiropractic care for all ages in Frisco, CO and beyond.

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