



NEW EMPLOYEE SPOTLIGHT

ADDISON HORN
CHIROPRACTIC ASSISTANT



Live Well Chiropractic Welcomes New Chiropractic Assistant Addison Horn

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Live Well Chiropractic has welcomed Addison Horn as a new Chiropractic Assistant. This addition to the team supports the practice's operations in Bedford County.

Dr. Kris Arnold founded the practice in 2000 after graduating from Parker College of Chiropractic. Born and raised in Bedford County on a family farm, he established the office to provide non-force chiropractic services. The practice has operated for 25 years and has served more than 1,000 patients.

Horn joined the team as a Chiropractic Assistant. She brings a kind, caring, and eager-to-learn attitude to her role. Her decision to join was based on the opportunity to work with a team providing care and support to others. In her position, she assists patients throughout their care journey by helping coordinate treatment and support.

Horn has personal experience with some services offered at the practice. After an incident two years ago that

resulted in frequent headaches, she tried low-level laser therapy. General research on low-level laser therapy indicates potential benefits for headache management. For example, studies have shown reductions in pain intensity for various headache types. She has also used it for seasonal allergy and sinus symptoms.

The practice provides several services. Instrument-assisted chiropractic adjustments address nervous system function. Computer scans identify areas of stress in the nervous system. Nutrition therapy is available for conditions such as digestive disorders, thyroid imbalances, diabetes, and hormonal issues. Massage therapy options include Swedish massage, salt stone massage, and reflexology.

Regenerative therapies offered include S-Wave, PEMF treatments, and low-level laser therapy. General research on PEMF therapy has explored its role in supportive care. Studies indicate potential benefits for symptom management in certain patient populations, such as improvements in quality of life during oncological treatments, though results vary across studies. These findings relate to the therapy in general and not to specific outcomes at the practice.

The team includes Dr. Jason Stephens, Pediatric and Family Health Director, who graduated from New York Chiropractic College in 2006. Dr. Randy Tabita serves as Wellness Director and graduated from Life University in 2007. Dr. Conner Buttry is Family and Sports Chiropractor and graduated from Northeast College of Health Sciences in 2024.

Massage therapists Suzanne Marisic and Kristy DeHaven contribute their expertise. Marisic trained at the Pittsburgh School of Massage Therapy. DeHaven has more than 23 years of experience. Ashley Conn provides functional health coaching, and Erin Dennis manages regenerative therapies as Wellness Center Manager.

The practice accepts major insurance providers, including UPMC, Blue Cross Blue Shield, United Healthcare, and Medicare. This arrangement supports access for patients in the region.

"Joining the team at Live Well Chiropractic has provided an opportunity to learn new skills and assist patients," said Addison Horn, Chiropractic Assistant.

"Welcoming new team members like Addison Horn helps maintain the coordinated care model that the practice has developed over 25 years," said Dr. Kris Arnold, Owner and Clinic Director of Live Well Chiropractic.

Horn noted observations from her time at the practice, including stories from patients about their experiences with services. Her wellness tip involves attention to the nervous system, recognizing that daily stress can accumulate. She describes living well as a commitment to consistent care for the body.

The practice integrates services in one location. Thermography scans offer non-invasive information. Nutritional counseling incorporates whole-food supplements and detox protocols. Care addresses needs for pediatric patients and expectant mothers, including concerns such as colic, ear infections, neck pain, sciatica, headaches, and plantar fasciitis.

Horn's role supports the doctors and staff in daily operations. The addition aligns with the practice's structure of team-based care. The practice remains based in Bedford County and continues its established services.

Live Well Chiropractic combines chiropractic adjustments with massage therapy, nutrition counseling, and regenerative options. Founded by Dr. Kris Arnold in 2000, the practice operates with a team approach to serve the local community.

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For more information about Live Well Chiropractic, contact the company here: Live Well Chiropractic Dr. Kris Arnold, Owner and Clinic Director (814) 624-0606 lwc@live-well-chiro.com 1634 Quaker Valley Road New Paris, PA 15554

Live Well Chiropractic

Live Well Chiropractic provides total natural care through gentle chiropractic, massage therapy, nutritional counseling, regenerative therapies, healthy weight loss, and more.

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