



Clear Chiropractic Provides Pediatric Chiropractic Care in Chattanooga, TN

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Clear Chiropractic provides pediatric chiropractic care in Chattanooga, TN, as part of its services centered on the torque release technique. The practice, which opened in November 2020, applies this gentle approach to support the health and development of children within the local community.

Dr. Weston Clary founded Clear Chiropractic and serves as its chiropractor. Growing up in Verdigris, Oklahoma, he developed an interest in health professions after observing family members with chronic conditions. He earned a bachelor's degree in medical molecular biology and became licensed as an emergency medical technician during undergraduate studies. He taught CPR courses and held leadership positions in the American Medical Student Association, building knowledge in anatomy, neurology, and physiology.

Dr. Clary enrolled at Sherman College of Chiropractic in Spartanburg, South Carolina, where he completed his training and achieved advanced certification and proficiency in the torque release technique. He stands as one of only about a dozen practitioners in Tennessee with this certification. Following graduation, he practiced for three and a half years in one of the largest chiropractic offices in Charlotte, North Carolina. In

November 2020, he established Clear Chiropractic in Chattanooga.

The torque release technique utilizes a specialized instrument to deliver precise, low-force adjustments aimed at supporting nervous system function. Research on the technique includes a randomized clinical trial that demonstrated improved retention rates and outcomes in participants receiving torque release technique adjustments compared to control groups. Studies published in peer-reviewed journals, such as *Molecular Psychiatry*, have associated torque release technique care with enhancements in well-being and neurological measures. Case reports further document positive responses in areas including reduced anxiety symptoms, improved physical function, and better overall quality of life following care with this method.

Additional investigations into torque release technique have shown benefits for various patient populations. A review of research highlighted its role in supporting patient well-being through targeted correction of spinal issues. Clinical applications have reported improvements in symptoms such as those related to ADHD in pediatric cases, with average gains in symptom scores, functional status, and general well-being across studied groups.

The team at Clear Chiropractic supports the delivery of pediatric chiropractic care in Chattanooga, TN. Kathryn serves as chiropractic assistant. Originally from Atlanta, Georgia, she graduated from Lee University with a degree in psychology and minors in music and deaf studies. She has received chiropractic care throughout her life, began as a patient at Clear Chiropractic in March 2022, and joined the team as chiropractic assistant in October 2022. She contributes to daily operations and patient education, having attended chiropractic conferences to deepen her knowledge.

Cassandra works as a team member. From Washington State, she moved to Tennessee in June 2022 and started at the practice in October 2023. As a single mother of two, she brings personal perspective on family care to her operational role.

Patient feedback on platforms like Google includes personal accounts of experiences with care at the practice. These testimonials represent individual perspectives and highlight reported benefits, though outcomes vary by person. Consultation with health professionals remains important for specific situations.

"Pediatric chiropractic care at Clear Chiropractic applies the torque release technique to support children's nervous system function and overall development, based on established chiropractic principles and research findings," said Dr. Weston Clary, founder and chiropractor at Clear Chiropractic. "The focus remains on precise adjustments that align with the body's natural processes."

"Team efforts in providing care for families, including pediatric patients, enhance the supportive environment at the practice," added Kathryn, chiropractic assistant at Clear Chiropractic.

Clear Chiropractic has delivered services since its founding in November 2020. Dr. Clary's background in medical molecular biology, emergency medical training, and advanced chiropractic certification underpins the application of the torque release technique. The practice team, including Kathryn and Cassandra, assists in creating a consistent setting for patient visits across age groups.

Research into pediatric chiropractic care has produced positive findings in multiple areas. Studies indicate improvements in conditions such as headaches, with reduced frequency and better perceived outcomes in children receiving spinal manipulation. Other reports document enhancements in sleep, behavior, concentration, and motor control following chiropractic interventions. Systematic reviews and clinical observations support the role of gentle techniques in promoting comfort and development in pediatric populations.

The chiropractic practice in Chattanooga, TN, integrates these approaches through Dr. Clary's expertise in torque release technique. His certification and professional experience enable tailored care suitable for children. Team members contribute through dedicated support, fostering an environment focused on family wellness.

Biographical details from the practice team illustrate the foundation of operations at Clear Chiropractic. Dr. Clary's educational and clinical path informs the methods used. Kathryn's psychology background and direct experience with chiropractic care strengthen her contributions to patient interactions. Cassandra's involvement since October 2023 supports seamless daily functions.

Positive research outcomes for torque release technique extend to neurological and musculoskeletal support. Investigations have linked the technique to better program completion rates in wellness settings and measurable improvements in functional assessments. These elements align with the practice's commitment to pediatric chiropractic care in Chattanooga, TN, where adjustments aim to facilitate natural body function.

Clear Chiropractic continues to serve the Chattanooga area with attention to the needs of growing children and their families. The torque release technique remains central to the care model, backed by studies showing favorable results in well-being and symptom management. The practice's history since 2020 reflects steady community engagement through professional services grounded in chiropractic training and research.

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For more information about Clear Chiropractic, contact the company here: Clear Chiropractic Dr. Weston Clary (423) 708-5244 info@goclearchiropractic.com 2020 Gunbarrel Rd. Suite 160 Chattanooga, TN 37421

Clear Chiropractic

At Clear Chiropractic, we look to get to the root cause of people's health concern by focusing on how the body functions as a whole.

Website: <https://goclearchiropractic.com/>

Email: info@goclearchiropractic.com

Phone: (423)708-5244

