MaxLiving Chiropractic - Tech Ridge Provides Family Chiropractic Care in Austin, TX

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AUSTIN, TX - June 09, 2026 -
MaxLiving Chiropractic - Tech Ridge provides family chiropractic care in Austin, TX. The clinic provides services for individuals across all life stages, from newborns to grandparents, in one convenient location in North Austin. This family-centered model allows for tailored care plans that address the specific needs of each family member.

The clinic recognizes that health spans every age group. Families benefit from coordinated care that prioritizes ease and personalization rather than addressing sickness or pain in isolation. This approach enables seamless support for developmental stages, daily function, and overall wellness within the same practice.

Notable observations associated with family chiropractic care include decreased stress, pain relief, enhanced posture, healthier immune system function, increased energy, and additional individual benefits. These reflect varied patient experiences. The clinic's methods focus on reducing interferences to natural body processes through principled chiropractic techniques suitable for different ages.

Care integrates the 5 Essentials framework, consisting of Core Chiropractic, Nutrition, Mindset, Oxygen and Exercise, and Minimize Toxins. This whole-body model addresses root factors rather than surface symptoms alone. Patient processes begin with a detailed health history review to understand each family member's concerns, limitations, and goals. Data collection may include assessments, followed by analysis and creation of personalized strategies. Education equips families with knowledge to support ongoing wellness at home.

Dr. Sara Richa, Doctor of Chiropractic and owner of the clinic, leads family services. She earned a Bachelor?s Degree in Health Sciences from James Madison University in 2016. She previously served as an Applied Behavior Analysis therapist, providing in-home early intervention therapies for children with Autism and other disabilities. This experience influenced her pursuit of chiropractic care after shadowing a

practitioner. She graduated with honors from Life University with a Doctorate of Chiropractic degree and received advanced training in spinal correction, nutrition, exercise, and detoxification at one of the largest female-owned health clinics in the country.

Dr. Sara Richa holds certification through the Pediatric Experience in pediatric and family care. She is a member of the International Pediatric Association and maintains certification in the Webster Technique for prenatal care. Her background supports work with families from newborns onward.

"Family chiropractic care allows us to support multiple generations under one roof with personalized plans that honor each individual's stage of life and health needs," said Dr. Sara Richa, Doctor of Chiropractic at MaxLiving Chiropractic - Tech Ridge.

The clinic emphasizes a collaborative, educational approach. Families receive guidance on how spinal health and the 5 Essentials contribute to daily function across ages. This model promotes active participation and consistency without relying solely on symptom management.

"Providing care for entire families from newborns to grandparents creates opportunities to address health holistically and build long-term wellness habits together," said Dr. Sara Richa, Doctor of Chiropractic at MaxLiving Chiropractic - Tech Ridge.

MaxLiving Chiropractic - Tech Ridge operates in the North Austin community with a focus on principled methods. The structured care process ensures thorough assessments and tailored recommendations. This aligns with broader patterns of chiropractic utilization for family wellness, offering non-invasive options across age groups.

The practice prioritizes safety and precision for all patients, including young children and older adults. Care remains complementary to other healthcare providers. Community-oriented values and education reinforce the clinic's role in supporting diverse families in Austin.

MaxLiving Chiropractic - Tech Ridge is a chiropractic clinic in North Austin, Texas. The practice applies the 5 Essentials framework to assist individuals and families. It supports natural body processes through core chiropractic methods, nutritional considerations, mindset focus, exercise guidance, and toxin minimization strategies.

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For more information about MaxLiving Chiropractic, contact the company here:MaxLiving Chiropractic - Tech RidgeDr. Sara Richa - Doctor of Chiropractic(512) 717-6597info@maxlivingtechridge.com12314 N Interstate

Hwy 35 Suite 108, Austin, TX 78753

MaxLiving Chiropractic

We take a holistic approach to finding the root cause of symptoms such as neck pain, back pain, hormonal imbalances, autoimmune conditions or any bodily dysfunction.

Website: https://www.maxliving.com/clinic/maxliving-chiropractic-tech-ridge

Email: info@maxlivingtechridge.com

Phone: (512) 717-6597