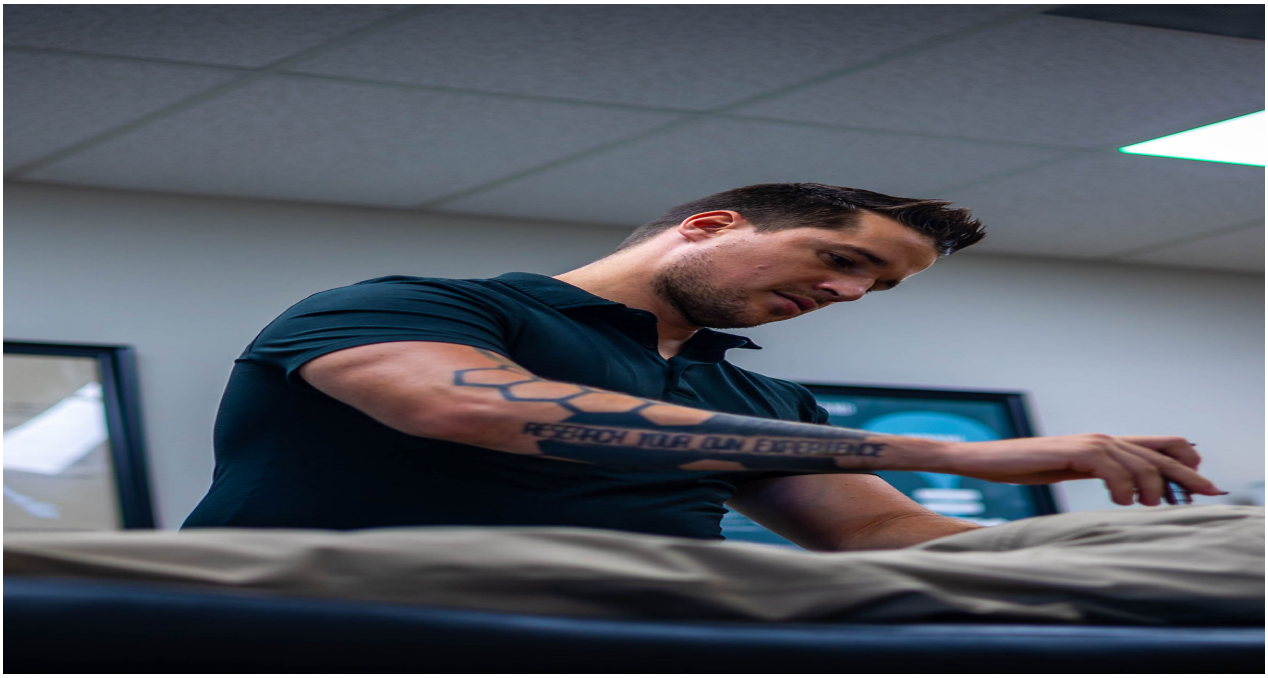


Life Without Fear Chiropractic in Lexington, KY, Highlights the Professional Background of Dr. Mateo Franco

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LEXINGTON, KY - June 10, 2026 -
Life Without Fear Chiropractic provides neurologically focused chiropractic care to clients in the Lexington area. The practice is led by Dr. Mateo Franco, whose education, certifications, and clinical experience shape the services offered.

Dr. Mateo Franco played soccer and football throughout his athletic career. During that time, he received chiropractic care that supported his training, peak performance, and recovery. His experiences with injury and recovery led him to pursue chiropractic education while later studying at Palmer College of Chiropractic.

Dr. Mateo earned a Bachelor of Science degree from the University of Indianapolis before completing his Doctor of Chiropractic degree at Palmer College of Chiropractic. He holds certification in the Webster Technique through the International Chiropractic Pediatric Association and has advanced training in the Torque Release Technique.

As a chiropractor in Lexington, KY, Dr. Mateo incorporates the Torque Release Technique into client care plans. This instrument-specific method uses a handheld device known as the Integrator to deliver precise, low-force adjustments. It does not involve manual twisting, cracking, or joint popping. It was born out of research and clinical reports that explored its success in areas related to neurological function, spinal alignment, and patient-reported outcomes.

The Webster Technique is also used in prenatal care within the practice. This approach focuses on pelvic balance through specific chiropractic adjustments and soft tissue work. It is commonly used in prenatal settings to support pelvic alignment and maternal comfort.

Regenerative PEMF therapy is also offered as a natural, non-invasive regenerative and recovery solution. This modality uses pulsed electromagnetic fields and is studied for its role in supporting regeneration and recovery, particularly in conditions such as sciatica, shoulder pain, knee pain, neck and low back discomfort.

Care at the practice includes digital motion X-ray imaging when clinically appropriate, along with neurological and physical assessments. These tools help create a personalized and customized approach for each client?s specific needs.

Life Without Fear Chiropractic serves individuals across all age groups, including athletes, families, pregnant patients, children, and older adults. Care is provided on a direct-pay basis, with itemized receipts available for insurance reimbursement.

Dr. Mateo Franco, Doctor of Chiropractic at Life Without Fear Chiropractic, said, ?My experience as an athlete shaped how I approach care. I focus on helping clients achieve the highest quality of life and peak performance by regulating the nervous system.?

Patient care is centered around nervous system-centered concerns and musculoskeletal issues such as neck and low back discomfort, posture, and mobility. Care plans may combine chiropractic techniques, supportive therapies and active exercises, with progress reassessments to ensure the client is on track with their health goals.

Dr. Mateo comes from a family with multiple chiropractors, which contributed to his early exposure to the field and long-term interest in patient care approaches.

The philosophy at Life Without Fear Chiropractic focuses on supporting nervous system function through specific, gentle chiropractic care. Adjustments are designed to support natural movement and nervous system function by utilizing the torque release technique, a gentle, low-force, instrument-based adjusting

technique.

The practice continues to serve the Lexington community and surrounding areas with a focus on individualized care plans. Initial evaluations typically include health history, range of motion examination, and digital motion x-rays to customize care for each client and to help them achieve better results faster.

Life Without Fear Chiropractic provides care that emphasizes corrective and wellness-focused approaches. Progress evaluations and progress x-rays are utilized throughout care to monitor progress over time and guide care decisions and ensure the best results over time.

Under Dr. Mateo Franco?s direction, the practice integrates techniques such as the Torque Release Technique, Webster Technique, and PEMF therapy. Care is centered on individualized plans that support clients' nervous system function, mobility, quality of life, and overall health goals.

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For more information about Life Without Fear Chiropractic, contact the company here:Life Without Fear ChiropracticDr. Mateo Franco(859) 721-3920info@lifewithoutfearchiropractic.com2331 Fortune Dr #185, Lexington, KY 40509

Life Without Fear Chiropractic

Since opening his practice in Lexington, Dr. Mateo has helped people of all ages move better, heal faster, and live healthier lives.

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