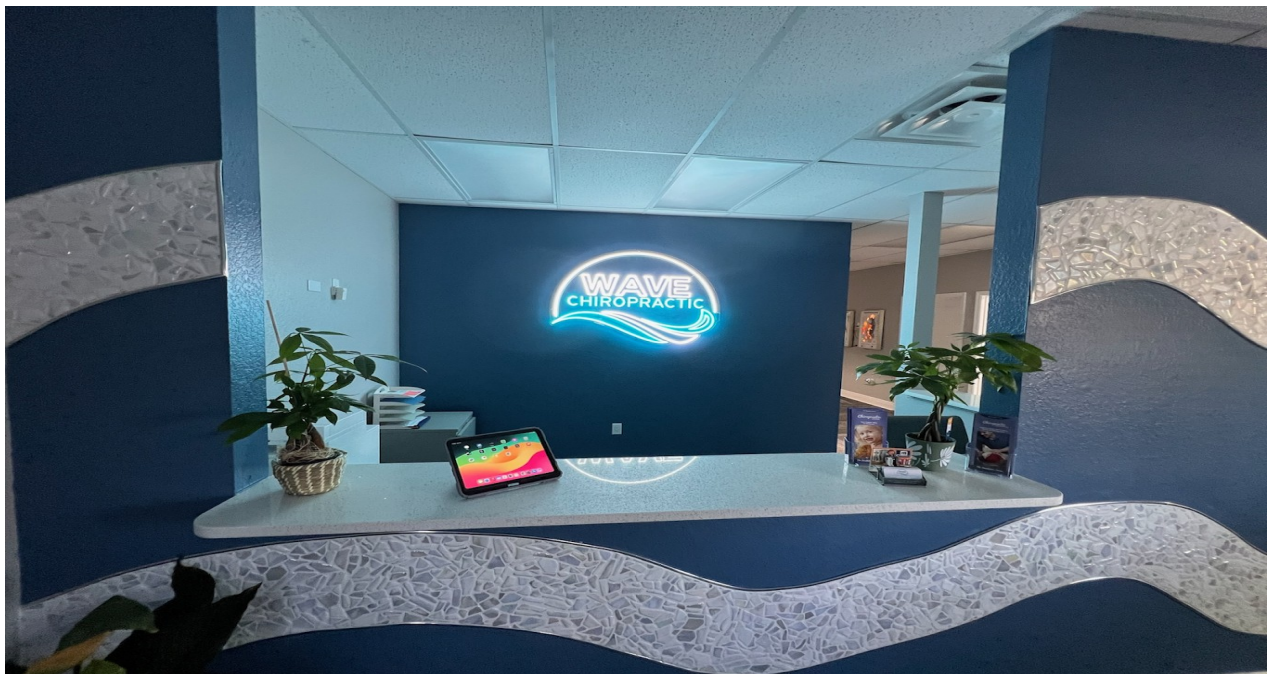




## **Wave Chiropractic in Bradenton, FL Addresses Auto Accident Recovery with Specialized Care**

*July 16, 2026*

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Wave Chiropractic provides specialized care for individuals involved in auto accidents, focusing on assessment and support for common injuries sustained in collisions. Auto accidents occur frequently and can result in a range of effects on the body, even when initial symptoms are not immediately apparent. The practice emphasizes the importance of prompt evaluation to identify potential underlying issues and support recovery.

Common injuries from car accidents include whiplash, back injuries such as herniated discs or spinal compression, brain injuries ranging from concussions to more significant trauma, and fractures or broken bones. These can cause pain in the neck, headaches, dizziness, blurred vision, and reduced mobility. The practice's approach involves thorough evaluation of the spinal column, vertebrae, neck, and extremities to detect misalignments that may occur during impacts.

As an auto injury chiropractor in Bradenton, FL, Wave Chiropractic offers techniques designed to address these concerns through spinal adjustments and supportive therapies. The goal is to restore proper alignment, promote mobility, and assist the body's natural recovery processes. Care plans often include at-home

exercises or stretches to complement in-office treatments and help reduce recovery time for many patients.

Dr. John Carleton brings more than two decades of experience to the practice. A graduate of Logan College of Chiropractic, he developed his interest in chiropractic following a high school football injury that highlighted the body's capacity to heal. His background as an emergency medical technician and in physical therapy settings informs his comprehensive perspective on rehabilitation. Dr. Carleton holds expertise in Chiropractic Biophysics and Active Release Technique and maintains a commitment to continuing education.

Dr. Mary Carleton, also a graduate of Logan College of Chiropractic with over two decades of experience, contributes specialized knowledge in pediatric and prenatal care through her certification with the International Chiropractic Pediatric Association. She employs low-force and manual adjusting techniques along with instrument adjusting to meet diverse patient needs in a supportive manner.

The practice utilizes a variety of established methods for auto injury care, including spinal decompression, flexion-distraction, intersegmental traction therapy, electrotherapy, and Arthrostim instrument adjusting. These techniques are selected based on individual assessments to help address misalignments, support joint motion, and promote overall function following accidents.

Dr. John Carleton shared his perspective on post-accident care. "Prompt evaluation after an auto accident allows for early identification of misalignments and supports the body's natural healing processes," said Dr. John Carleton. "Our focus is on helping patients regain mobility and return to their daily activities."

Dr. Mary Carleton addressed the broader family impact of such injuries. "Auto accidents can affect individuals across all ages, and our collaborative approach helps address needs at every life stage," said Dr. Mary Carleton.

Research supports the role of chiropractic care in auto injury recovery. A 2018 study published in JAMA Network Open indicated that chiropractic care added to usual medical care resulted in moderate short-term improvements in pain intensity and functional outcomes for low back pain. Additional positive associations have been noted in reviews examining spinal manipulation for related musculoskeletal concerns following trauma.

Patient education is an important component at Wave Chiropractic. The practice provides interactive spine education resources that allow exploration of the cervical, thoracic, lumbar, sacral, and coccyx regions. These tools detail nerve root connections and their relationships to body functions, offering accessible anatomical information.

The clinic also maintains a collection of chiropractic videos covering adjustment techniques, spinal health

principles, stress management, and related wellness topics. These materials, along with frequently asked questions and blog content, assist patients in understanding chiropractic concepts and recovery considerations.

Dr. John Carleton enjoys quality time with his family and the beach environment in the Bradenton area. Dr. Mary Carleton finds joy in spending time with her three children through pool visits and building sandcastles on the beach, along with her interests in cooking and baking. Their family-centered values contribute to the practice's supportive atmosphere.

Wave Chiropractic operates as a community-based clinic serving the Bradenton area. The facility provides personalized care plans centered on spinal alignment and nervous system support for patients recovering from auto accidents. The team works to create an environment focused on compassionate care and informed patient involvement.

The practice philosophy centers on addressing potential root causes of discomfort through non-invasive methods. Techniques are tailored to individual assessments to support mobility and comfort following vehicle collisions. This includes attention to whiplash, back injuries, and other common effects of auto accidents.

The doctors' shared educational background from Logan College of Chiropractic supports consistent approaches to care. Their combined experience with various techniques offers options for patients seeking support after accidents. Educational resources supplement discussions during visits to reinforce understanding of spinal topics.

Wave Chiropractic continues to serve the local community with professional services tailored to auto injury recovery. The focus remains on techniques that assist patients in regaining function and supporting long-term wellness. Prompt attention to potential injuries helps prevent complications that may develop over time.

The clinic's setting prioritizes accessibility and comfort for those seeking care after accidents. Patient engagement with available resources complements in-office treatments and contributes to a comprehensive recovery process. The practice remains dedicated to helping individuals in the Bradenton area navigate the effects of auto accidents through established chiropractic methods.

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## Wave Chiropractic

*Dr. John Carleton is a seasoned chiropractor with over two decades of experience dedicated to empowering individuals to achieve optimal health and wellness.*

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