

## TURNER CHIROPRACTIC, LLC

by shannon denniston

photography by karrie kelly

Chiropractic is a form of health care that diagnoses and treats musculoskeletal disorders of the spine and other areas of the body which ultimately affects the function of the nervous system. The spine is such a complex and vital part of the body, yet people overlook its condition because we cannot see it. Patients visit the clinic when they are in pain, but should know that “pain is usually the last to show and the first to go,” said Dr. Turner. “We exhaust all options to find the problem and fix it.” With a certification in acupuncture and nutrition, he offers other means of treatment outside of chiropractic care. This includes nutritional supplements, therapeutic massage, exercise programs and physical therapy modalities as an added value to the overall treatment plan.

Dr. Turner grew up in sunny California, where he received a Bachelor of Kinesiology. After graduation, he worked as an assistant head athletic trainer for Westmont College, teaching classes in sports and conditioning and weight training. His interest remained in sports and physical health, but he found a growing interest in the function of the spine, nervous system and chiropractic medicine. He explained how “the approach, through chiropractic care, allows the body to heal itself.” He attended Parker College of Chiropractic in Dallas and earned a license in Texas and California. Dr. Turner decided he liked Texas too much to move, so he stayed in Dallas to work with other chiropractic doctors until opening Turner Chiropractic in November 2008. To add a little fun to his practice and show his love for sports, he supports both the San Diego Chargers and Dallas Cowboys. “I can be a fan of both teams because they are in two different conferences,” Dr. Turner said. “I have entire rooms dedicated to both teams, so it’s fun for everyone.”

His passion is to watch patients improve to the point of no pain and regain improved mobility. “It’s rewarding to help people heal on a physical level and then see them get better emotionally too,” he said. The Turner Chiropractic team employs treatments such as spinal decompression, spinal stress analysis, various exercise regimens and surveys to discover different musculoskeletal issues and heal patients from within.

Dr. Turner and his team have been nationally recognized as a five-star chiropractic clinic for quality service and the care they offer



patients all over town. Dr. Turner even shares his expertise through a spinal care class he uses to educate the public about chiropractic health and preventative care.

To learn more about Dr. Turner and Turner Chiropractic, call 214-771-3990 or visit online at: [DrTurnerChiro.com](http://DrTurnerChiro.com). 